

SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 18 SHOPPERS DRUG MART

OTTAWA

metro®

NEWS WORTH SHARING.

STAYING POLITICALLY CHARGED

EXPECT 'VINTAGE ICE CUBE' ON THE ARTIST'S FORTHCOMING ALBUM **PAGE 16**



Zombies aren't just in movies

Brain-hungry ghouls will give chase to runners at this October's Rattle Me Bones race **PAGE 4**

The Canadian connection

A marriage made in Toronto is at the heart of a U.S. Supreme Court ruling that struck down the Defense of Marriage Act **PAGE 11**

NO BOY BANDS

LIVE 88.5fm

Wynne 'open' to infrastructure talks



Premier Kathleen Wynne gestures as she speaks at the Chateau Laurier Wednesday night, during an event hosted by the think tank Canada 2020. GRAHAM LANKTREE/METRO

Discussion. Premier takes her infrastructure conversation to Ottawa



ALEX BOUTILLIER
alex.boutillier@metronews.ca

Premier Kathleen Wynne said she's "open" to the conversation about "revenue tools" for Ottawa's infrastructure — but only after that conversation wraps up in the Greater Toronto and Hamilton Area.

Speaking to Ottawa media Wednesday evening, Wynne said a number of municipal leaders have approached her to discuss how best to pay for sorely needed infrastructure.

"I've said that we're going to start with a discussion of a dedicated revenue stream in the GTHA, because I think the issue really is so critical there," Wynne said.

"But I've had other municipal leaders say to me that they want to have the discussion as well, and obviously I'm open to that."

Mayor Jim Watson, Wynne said, has not yet brought the topic up with her. But earlier

this month, Coun. Stephen Blais directed Ottawa city staff to formally petition Queen's Park asking that Highway 174 be returned to the province's jurisdiction.

Failing that, Blais wants the province to give Ottawa the authority to turn 174 into a toll road — shifting the burden of its upkeep from Ottawa taxpayers to out-of-towners using the road.

Wynne was in town to deliver a speech to the Canada 2020 think-tank, which focused heavily on the province's infrastructure challenges.

On top of billions of infrastructure spending in the GTHA, her government is looking for new "revenue tools" to ensure stable funding.

A tax by any other name is still a tax, said Nepean-Carleton MPP Lisa McLeod. And she called Wynne's pledge to limit "revenue tools" to within the GTHA a "bold-faced lie."

"If you're talking about a one per cent increase to the HST, or you're talking about a five cent increase in the gas tax, that is going to be province-wide," said McLeod.

McLeod wouldn't say what she thinks the province should do with Highway 174, but indicated she was against toll roads.

Certificate of Excellence
2013 WINNER

Special Festival Rates

Treat the whole family!

Family Suites with Kitchens | Romantic Suites with Jacuzzi | Complimentary WiFi
Games Room | Indoor Pool | Fitness Room and Sauna | Children's Playground

180 Cooper Street | PHONE: 613.236.5000
RESERVATIONS: 1.800.236.8399 | www.suitedreams.com

Located downtown between the Rideau Canal and trendy Elgin Street
Walking distance to all major sites and the Ottawa Convention Centre

Cartier Place
SUITE HOTEL

LOCATION • HOSPITALITY • VALUE

Pet Friendly

City steaming ahead on LRT's cosmetic details

Totally recall.

OC Transpo pitches proposed Confederation Line station names



ALEX BOUTILIER
alex.boutilier@metronews.ca

The opening of the Confederation Line may be five years away, but OC Transpo and the city's Rail Implementation Office are already at full steam attempting to shape the style and feel of the light-rail system.

A series of tight timelines imposed by the Rideau Transit Group means the transit utility needs to come up with proposed station names by the end of the summer. To that end, OC Transpo unveiled 13 recommended names at a technical briefing on Wednesday.

Six stations will remain the same, including Bay, Lees, Hurdman, St. Laurent, Cyrville and Blair. But OC Transpo is recommending several changes:

- Tunney's Pasture will be shortened to "Tunney's"
- Downtown West will become "Kent Station."
- Downtown East — the central station — will become "Parliament."

The station under the Rideau Centre will become, predictably, "Rideau."

- "uOttawa" is being proposed for Campus station.
- Train station will become "Tremblay" to avoid confusion with other train stations.

OC Transpo, through city manager Kent Kirkpatrick's office, is currently in discussions with the Algonquins of Ontario to rename Lebreton Station.

OC Transpo's manager of transit planning and reporting, Pat Scrimgeour, said the guiding principle in the recommended name changes was geographical landmarks, especially streets, in an effort to make the system intuitive and easy to use.

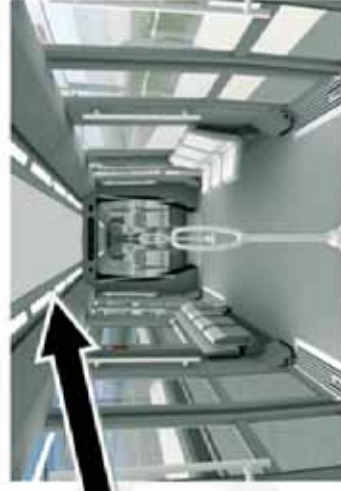
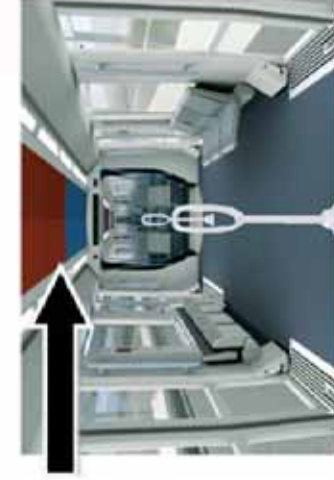
"The station names are im-

Ottawa Interior Concept Options



Option A

Clean site lines
Visual sense of openness
Limited colour palate
stanchions, seats, floors later



Option C

Option B Recommended

12

A slide from a City of Ottawa technical presentation showing possible interior configurations of the LRT cars. CITY OF OTTAWA

Quoted

"The important thing is that the station name gives meaningful geographic and navigational information to customers about their travel and where they are on the transit system." Pat Scrimgeour, OC Transpo

important for a number of reasons — important for customers as they plan how to make their trip, how do they refer to the points that they're going to, and it has to be a name that's familiar to them," said Scrimgeour at a technical briefing on Wednesday.

"The important thing is that the station name gives meaningful geographic and navigational information to customers about their travel and where they are on the transit system." OC Transpo is recommending no external advertising.

ing be allowed on the trains due to concerns about damaging the trains or "degrading" the overall light-rail experience. Internal advertising in both stations and the trains themselves will be allowed, but OC Transpo is recommending the first five years of advertising be dedicated to "getting to know the system."

"Advertising and information space on the inside of vehicles and in stations (would) be dedicated solely to learning the system and enhancing the customer experience from Day 1," said David Pepper, OC Transpo's manager of business and operational services branch. "From all perspectives, (we would) focus on the issues of wayfinding, safety and public information in support of the line."

OC Transpo's qualified estimate is advertising in the trains and at stations could yield between \$150,000 and \$300,000 a year, meaning a five-year self-promotion campaign would miss out on between \$750,000 and \$1.5 million. There is still opportunity for advertising elsewhere on the transit system, of course, so that money might make it into buses instead.

The report on recommended station names will be tabled at the city's transit commission on July 3, and will be open for public feedback throughout the month.

Public utility

Hydro One bogarting customers, Hydro Ottawa chief complains

The CEO of Hydro Ottawa said if his utility is going to make a play for the thousands of Hydro One customers in the city, that decision will have to be made in the political realm.

Bryce Conrad did not mince words on the topic Wednesday, accusing Hydro One of "ragging the puck" on the purchase of 47,000 customers. Conrad said the asking price from Hydro One is "far in excess" of what's reasonable.

"In spite of our tireless efforts, we are not making any progress," said Conrad. "Minister (Bob) Chiarelli has indicated that he will not force, the province will not force consolidation ... and as long as that continues to be the focus and/or the desire of the government, I don't believe we will make any progress."

It's been a long-standing issue at Ottawa City Hall. Conrad said it makes sense for Ottawans to be brought together under one utility — one, he boasted, that provides superior service at lower rates.

Conrad was speaking after delivering the utility's tosy 2012 report. Hydro Ottawa exceeded revenue projections by \$3 million, with a net income of \$31 million on the year. The utility paid an annual dividend payment to city coffers to the tune of \$18.6 million, \$1.8 million more than targeted.

ALEX BOUTILIER/METRO



Bryce Conrad
HYDRO OTTAWA/MARKETWIRE PHOTO

Love blossoms over bright Korean fashions

ByWard Market.

International romance meets international couture in Canada's capital



GRAHAM LANKTREE

graham.lanktree@metronews.ca

Love has blossomed at a new clothing store in the ByWard Market that specializes in South Korean designers after a passion for fashion brought a young couple together and drove them to open the Be uniQ boutique last month.

"We met through a common friend and again through Algonquin's International Student's Association," said Soeyoung Park, 23, who studied business marketing at the school after coming to Canada from South Korea four years ago.

"Fashion was our common interest and helped us get closer. We talk about fashion a lot," she said, smiling at partner Karen Pogosyan, an Armenian born Russian who came to Ottawa around the same time.

In February the two travelled to Korea where they visited designers who are getting attention in fashion hubs like Los Angeles and New York. Then, in May, they opened their shop for men's and women's clothing at 110 Parent St. with a stable of 10 designers. In only four short



Be uniQ boutique owners Karen Pogosyan, left, and Soeyoung Park set up shop in the ByWard Market in May selling South Korean designs. GRAHAM LANKTREE/METRO

Quoted

"We both worked hard for a year and our parents have offered some support. We're dreaming big and hope to launch our own brand."

Be uniQ boutique co-owner Karen Pogosyan

weeks that cadre of designers has expanded to 30.

"We get stuff every week nowadays," said Pogosyan. "We try to keep it unique, so we don't order the same things twice or three times."

The great thing about Korean design, they said, is that it combines quality, style and

reasonable prices. "Quality is everything. I think they are really good at details. Even though they are making the same styles, they're making it different," said Park.

"Italian designs cost so much. It's four to five times the price of Korean, but the same ideas, the same quality," said

Pogosyan, noting that their most expensive women's item is a \$120 blazer and that men's clothing doesn't top \$100.

Wednesday the two gathered together the likes of Max Keeping and Mayor Jim Watson at Algonquin for an official launch party, but their proudest accomplishment is opening the store under their own steam, they said.

"We've done it on our own," said Pogosyan. "We both worked hard for a year and our parents have offered some support. We're dreaming big and hope to launch our own brand."

Why does this smack smell like feet? Two arrested after opium hidden in sandals

The RCMP have arrested an Ottawa woman and her relative after officials with the Canadian Border Services Agency seized two kilograms of opium hidden in women's sandals.

The investigation began in November 2012 after CBSA officials intercepted two packages at a mail-processing plant in Montreal. Police say the packages originated from Turkey and one was destined for Ottawa and the other for Surrey, B.C.

Police arrested Samira Jahangiri from Surrey and Haniyeh Jahangiri from Ottawa.

Both women were charged with conspiracy to import a controlled substance under the Criminal Code and importation of a controlled substance under



A package of opium that had been removed from women's sandals is shown in this photo. POLICE HANDOUT

the Controlled Drugs and Substances Act (CDSA).

Jahangiri was also charged with possession of a controlled substance for the purpose of trafficking under the CDSA.

Both women were released from custody and will appear in court in Ottawa on July 10.

JOE LOFARO/METRO

Highway 417 widening

Council OKs all-night roadwork

Ottawa city councillors approved a motion Wednesday to allow 24-hour construction on Highway 417 until September, but not without grumbling about it first.

The surprise "walk-on" motion drew the ire of a number of councillors, who felt they did not have enough time to understand the impact on their constituents.

Put forward by Coun. Stephen Blais and Coun. Tim Tierney, the motion

would grant the Rideau Transit Group a blanket noise exemption six days a week as they work on the expansion of the highway.

The intention to provide "flexibility" to the company as it works on an accelerated schedule was a little too much flexibility for some councillors.

"This is getting to be a bit of a habit. We drop a noise bomb on council the day before and we don't understand what it means for our communities," said planning chair Coun. Peter Hume.

"If I lived along there, and someone popped onto a council agenda a year-and-a-half blanket exemption overnight, Monday to Saturday, every night for a year and a half and I had to get up and work in the morning ... I wouldn't be happy about that," said transportation chair Coun. Diane Deans.

ALEX BOUTILLIER/METRO

Change your perspective on the best way to book a flight online.

WESTJET

Zombies to give chase at Rattle Me Bones road race

Ottawa Hospital.

Annual fundraising run to get a suspenseful, undead twist



GRAHAM LANKTREE

graham.lanktree@metronews.ca

Brain-hungry zombies will give chase to runners at this October's Rattle Me Bones road race to raise money for the Ottawa Hospital's bone cancer research, hospital staff said Wednesday.

"We've got zombies, it's going to be a riot," said Kent Woodhall, race director and a senior clinical director of the hospital's perioperative and regional cancer programs. "This event may be fun, but it raises some serious funds for a very serious cause."

The race, which brings out roughly 2,000 runners annually, has raised more

than \$1 million for hospital research over the past 19 years as runners navigate the 10-kilometre Wishbone run; 5-km Funnybone race; and 2-km and 1-km runs.

The new 5-km zombie race will have the undead in hot pursuit of runners as they race the trails behind the grounds of the hospital's general campus.

Roughly 29 per cent of patients diagnosed with bone cancers are under the age of 20, says the American Cancer Society. And of all 2,570 people diagnosed in the U.S. in 2005, 1,210 did not survive.

"These funds can potentially help researchers at the Ottawa Hospital make valuable discoveries that will change the course of bone cancer diagnoses," said Ottawa Hospital surgeon Dr. Joel Werier.

The Rattle Me Bones road race takes place at the hospital October 27.



Zombies took over the Ottawa Hospital General Campus Wednesday as the hospital announced a new zombie run at their annual Rattle Me Bones road race, taking place on Oct. 27. CONTRIBUTED

App for Metric concert will light up the night of Canada Day



The official Canada Day app will light up the night during indie-rock band Metric's performance Monday. CONTRIBUTED

When indie-rockers Metric take the Canada Day stage Monday evening, those who download the celebration's mobile app will become part of the show.

"The concept is to have the phones up in the air and they work together to create a light show in the crowd," said Allan Isfan, the CEO of MyEventsApp, an Ottawa company brought on by the National Capital Commission to make a

smartphone app that puts everything Canada Day in one place.

"The ultimate effect is that everyone is together and adding their piece," he said, pointing out that the light show will start during a specific song in Metric's set list and light up to the music. "It's to engage people in the crowd and you get a fun wow factor during the show."

The concept for the

bright, abstract mobile lights was first created by U.S. company Wham City Lights, Isfan said. He said the app immediately caught his eye when the NCC challenged him to do something different.

To meet the challenge, the app also features a frame cam that lets people take shots with their smartphones that add a souvenir frame around their images. The app also has a full cal-

endar of events for the day, a GPS map with directions and other features. In true Canadian fashion it is available on all devices including iPhones, iPods, iPads, Androids and BlackBerrys.

"What I'm hoping for is that it gets people excited about Canada Day," said Isfan. "We're looking forward to a great night."

The Canada Day in the Capital app is available on iTunes. **GRAHAM LANKTREE/METRO**

CAREER TRAINING

Get technical.
Train for a new career!
... Network Administrator ...

Train to become a:

- Network Administrator
- Computer Technician
- Technical Support Specialist
- Help Desk Troubleshooter

Call Now for More Information!
1-866-843-8711
Apply online at www.EverestCanHelp.ca

OTTAWA EAST • OTTAWA WEST

14 Convenient Locations in Ontario

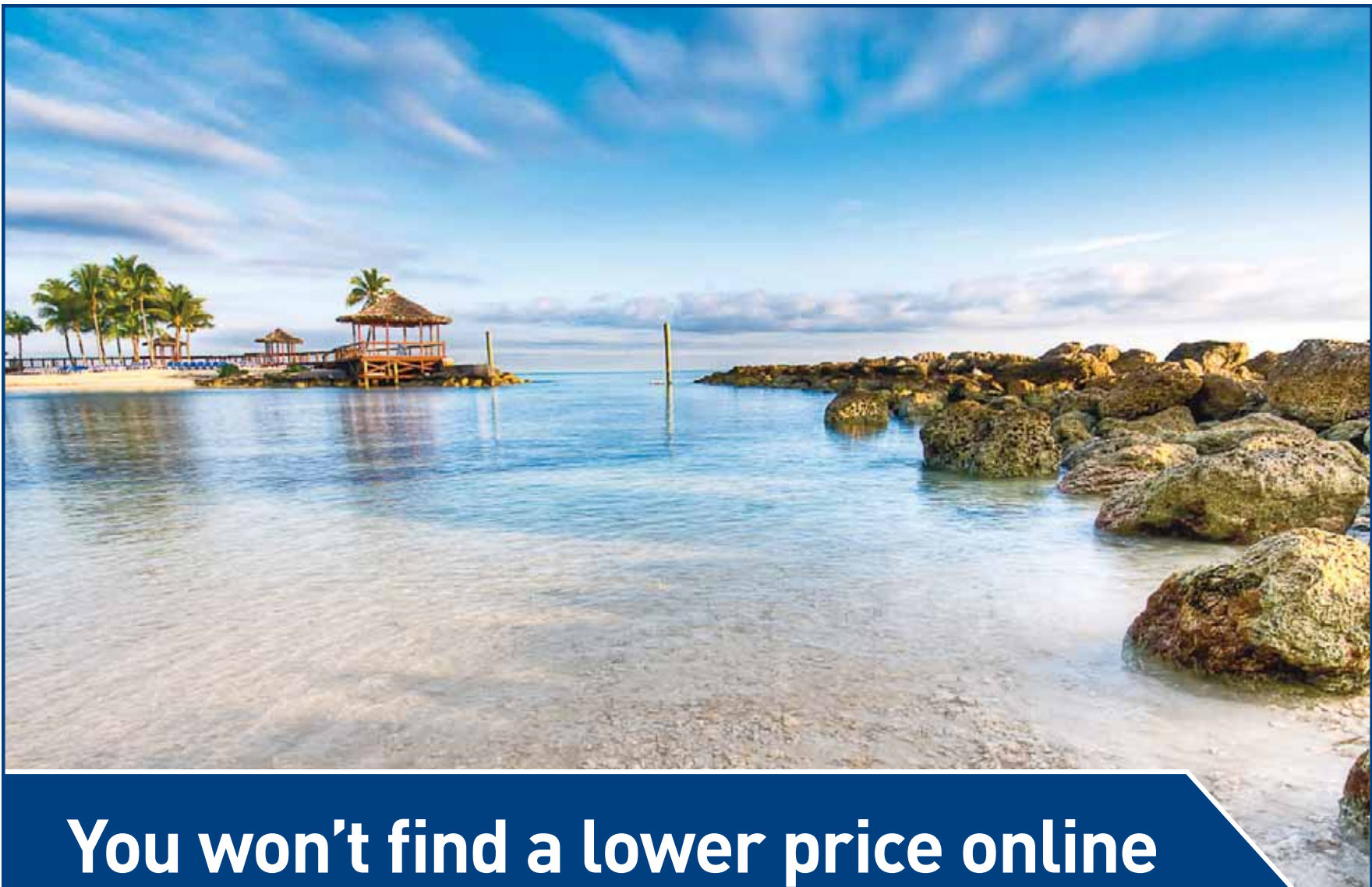
Everest College is the largest private career college in Ontario with more than 9,000 enrolments last year.

Everest COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE

- Career services assistance available to graduates
- Financial assistance may be available for those who qualify
- Morning and afternoon classes available

Microsoft IT Academy Program Member

Programs and schedules vary by campus.



You won't find a lower price online for our flights than at westjet.com*

When you book with us online you won't just get the best price*. You'll stay in the loop and get rewarded. You'll get up-to-the-minute flight updates and reminders sent right to your inbox and you'll earn valuable WestJet dollars® that you can use towards your next flight.

Best price.
Big smile.
Book here.

WESTJET

*Book at westjet.com or through your travel agent at westjet.com/agent. The best price on westjet.com and/or westjet.com/agent will only be comparable: at time of booking; to bookings that originate in Canada and are available in Canada; to flights marketed and operated by WestJet and WestJet Encore; and for the exact same date, time, schedule, itinerary, flight number and number of guests. Prices reduced as a result of a promotion or other discount are not comparable. Price comparison must be on the all-inclusive or total amount (including taxes, fees and charges). Comparable fare must be priced in Canadian dollars. Visit westjet.com for full details.

Bombshell. Patriots' Hernandez charged with murdering a friend

New England Patriots tight end Aaron Hernandez was arrested and charged Wednesday with murdering a friend.

The bombshell development came more than a week after Boston semi-pro football player Odin Lloyd's bullet-riddled body was found in an industrial park about a mile from Hernandez's home.

Hernandez was taken from his home in handcuffs Wednesday morning.

Soon afterwards, the Patriots announced they had cut him from the team.

Prosecutors said the killing was borne out of a dispute at a Boston nightclub on the night of June 14.

Hernandez was taken from the North Attleborough police station to his court hearing Wednesday afternoon.



Aaron Hernandez
THE ASSOCIATED PRESS/POOL PHOTO

About two dozen supporters cheered, some yelling "We love you Aaron."

Hernandez's lawyer, Michael Fee, asked for bail, saying Hernandez is not a flight risk. The judge ordered Hernandez held without bail pending further proceedings.

THE ASSOCIATED PRESS

The puck drops. Teen hockey player charged with on-ice assault

A 17-year-old hockey player has been charged with assault causing bodily harm after an on-ice incident.

It happened during a game in Woodstock, police said Wednesday. It's alleged a player was assaulted by another player.

"The decision to lay a criminal charge was not taken lightly and was based

on an objective review of the evidence, including video evidence, and on factually based legal opinions from the Crown attorney's office," said Woodstock police Chief Rod Freeman.

The 17-year-old who is charged cannot be identified. He is to appear in court on July 11.

THE CANADIAN PRESS

The sex scandal that apparently won't die

Maple Leaf Gardens abuse case. Gordon Stuckless now facing more than 70 charges as more complainants come forward

Infamy

Gordon Stuckless was convicted in 1997 for sex assaults on 24 boys while he was an usher at Maple Leaf Gardens between 1969 and 1988.

- He was originally sentenced to two years less a day, but this was increased to five years — he was out on parole in 2001.

History has apparently caught up with the man at the centre of the Maple Leaf Gardens sex-abuse scandal.

Gordon Stuckless, 64, is facing more than 70 criminal charges after more men came forward alleging they were abused in their youth.

Stuckless turned himself in to York Regional Police, who laid a total of 23 new charges of indecent assault on a male, sexual assault and gross indecency.

Stuckless is facing 38 charges relating to 10 complainants in Toronto and another

34 charges from York Region, where seven men have made complaints against him. The charges are for alleged offences between the 1960s and 1985.

Stuckless is set to appear in court Thursday in Toronto, where all of the charges are being tried together.

THE CANADIAN PRESS

The future?

Will more men accuse Stuckless?

Police believe there may be more alleged victims out there and are urging them to come forward.

Police allege Stuckless would befriend boys between eight and 12 years old and sexually assault them at locations around Toronto and north of the city.

Stuckless has not yet entered a plea.

THE CANADIAN PRESS



Gordon Stuckless: More than 70 charges. STEVE RUSSELL/TORSTAR NEWS SERVICE FILE



Stop by. Sit down. Taste. Savour.

LCBO Barrhaven & LCBO Rideau
June 27th - 4 to 8pm June 28th - 4 to 8pm

LCBO Trinity Crossing
June 29th - 4 to 8pm

Find your perfect flavour and check out our Summer Tour dates. Visit lcboreadytodrink.com



LCBO Barrhaven
Thursday June 27th - 4 to 8pm
Strandherd & Greenbank
Telephone: 613-825-1160

LCBO Rideau
Friday June 28th - 4 to 8pm
Rideau & King Edward
Telephone: 613-789-5226

LCBO Trinity Crossing
Saturday June 29th - 4 to 8pm
Innes & Tenth Line
Telephone: 613-837-5527

Find adventure.
Find friendship.
Find it in a book.



TD Summer Reading Club

Kids find more than good stories in books. They find imagination, adventure and curiosity. With reading, they can GO on incredible journeys. Register for the free TD Summer Reading Club at your local library. Read more at tdreads.com/summerreading and tdsummerreadingclub.ca

Developed by



In partnership with



Sponsored by





CANADA DAY SALE!

UP TO
40%
OFF

REGULAR-PRICED MERCHANDISE

LIMITED TIME OFFER

RIDEAU CENTRE - BAYSHORE CENTRE - PLACE D'ORLÉANS
ST-LAURENT SHOPPING CENTRE - COLLEGE SQUARE
KANATA ENTERTAINMENT CENTRUM

Canada

Statistics Canada released its second batch of figures Wednesday from workplace, commuting, work language and migration.



Commuting

Some 15.4 million Canadians endure a daily commute to and from work, most of them behind the wheel. Four out of five commuters took a private vehicle, while 12 per cent took public transit, up from 11 per cent in 2006. The disproportionate popularity of driving in the age of climate change may boil down to a single factor: time. Private-vehicle commuters spent an average of 23.7 minutes getting to work, nearly half the 40.4 minutes it took bus riders.

Post-secondary education

For the first time women have bypassed men in terms of post-secondary education, with 64.8 per cent of working-age women having a post-secondary education, compared with 63.4 per cent of men. Women accounted for 59 per cent of Canadians aged 25 to 34 with a university degree, compared with 47.3 per cent of their 55- to 64-year-old counterparts.



Pipeline safety. Feds announce measures to calm taxpayer fears

Major pipeline companies will have to show federal regulators that they have access to \$1 billion to cover the costs of an oil or gas spill, under new rules aimed at easing public concerns about pipeline safety.

Natural Resources Minister Joe Oliver said the federal government will also enshrine in law the "polluter pay" principle for oil and gas pipelines to ensure taxpayers are not left on the hook for cleanup costs.

The new rules will apply initially to new pipelines that

fall under federal regulation, but the requirement will be expanded to existing major oil and gas pipeline companies over a transition period.

As of July 3, under previously announced revisions to federal regulations, the National Energy Board will have the authority to directly fine companies up to \$100,000 a day for infractions and individuals up to \$25,000 a day. That is in addition to the ability to pursue criminal charges in cases of negligence.

THE CANADIAN PRESS



Minister of Natural Resources Joe Oliver announces new rules for pipelines and penalties for individuals and companies that violate environmental laws, in Vancouver on Wednesday. DARRYL DYCK/THE CANADIAN PRESS

Alberta floods

High River evacuees still stranded

The Alberta government says any return by residents to the town hardest hit by flooding is still days away.

The mayor of High River had suggested that a timeline to go back was close, but Rick Fraser, the government member appointed to oversee the town's recovery, said Wednesday that it was still being finalized.

Crews are still working, he said, to restore basic services.

THE CANADIAN PRESS

Assault charges

Driver attacked by sword-wielding pedestrian

A 25-year-old Pickering, Ont., man is facing charges after a pedestrian pulled a sword from his pants and threatened a driver he'd accused of blocking a crosswalk.

The motorist suffered minor injuries. Mudasser Sheikh is charged with two counts of assault with a weapon.

THE CANADIAN PRESS

at work

its voluntary National Household Survey, looking at labour, education, Here's a roundup of four things you need to know:

THE CANADIAN PRESS



Temporary foreign workers

More than 330,000 workers live and work in Canada as part of the federal temporary foreign worker program — a number that has nearly tripled over the past 10 years, with the bulk of those job-seekers going west in search of work. The program was originally designed to attract skilled employees to address temporary labour shortages. The emphasis shifted in 2002 to low-skilled workers, such as those in the food and beverage industry, construction and retail.

Cyclists

The latest batch of data shows no difference in the percentage of Canadians who rode their bike to work in 2011 and 2006. That number remains unchanged at 1.3 per cent. That works out to 201,785 cyclists out of more than 15 million commuters. Another 880,800 commuters, or 5.7 per cent, reported walking to work each day.



No takers so far on Trudeau's offer to refund speaking fees

Justin Trudeau has yet to pay back a dime of the public-speaking fees he earned while sitting as an MP.

The Liberal leader promised 10 days ago to reimburse any group that feels it didn't get its money's worth.

But a spokeswoman says no group has sought repayment — other than the Grace Foundation, a New Brunswick charity that first sparked the controversy over Trudeau's past moonlighting on the public-speaking circuit.

And it's not entirely clear whether even the foundation still wants its \$20,000 back.

Kate Monfette says Trudeau last week asked the foundation to specify whether it wants its money back in cash or "some other arrangement," such as having him headline another fundraising event — for free, this time.

She says the foundation has yet to respond.

Foundation board member Susan Buck first wrote in March to the Speakers' Spotlight, the agency through which Trudeau was hired for a June 2012 fundraising



Liberal Leader Justin Trudeau speaks at a news conference on Parliament Hill in Ottawa on Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

event, to seek a refund on the grounds that the event actually lost money.

The letter wound up being circulated by Prime Minister Stephen Harper's office earlier this month and became fodder for a concerted Conservative offensive against Trudeau for taking money from char-

ities rather than donating to them.

Trudeau voluntarily disclosed last February that he's earned more than \$1.3 million on the public-speaking circuit since 2006, including \$277,000 from 17 groups since he was first elected in 2008.

THE CANADIAN PRESS



Every year, for the last 20 years, OLG has supported numerous festivals and events across Ontario. For information about the over 250 events OLG sponsors every year, or to find out more about how OLG gives back, visit modernolg.ca/communityevents.

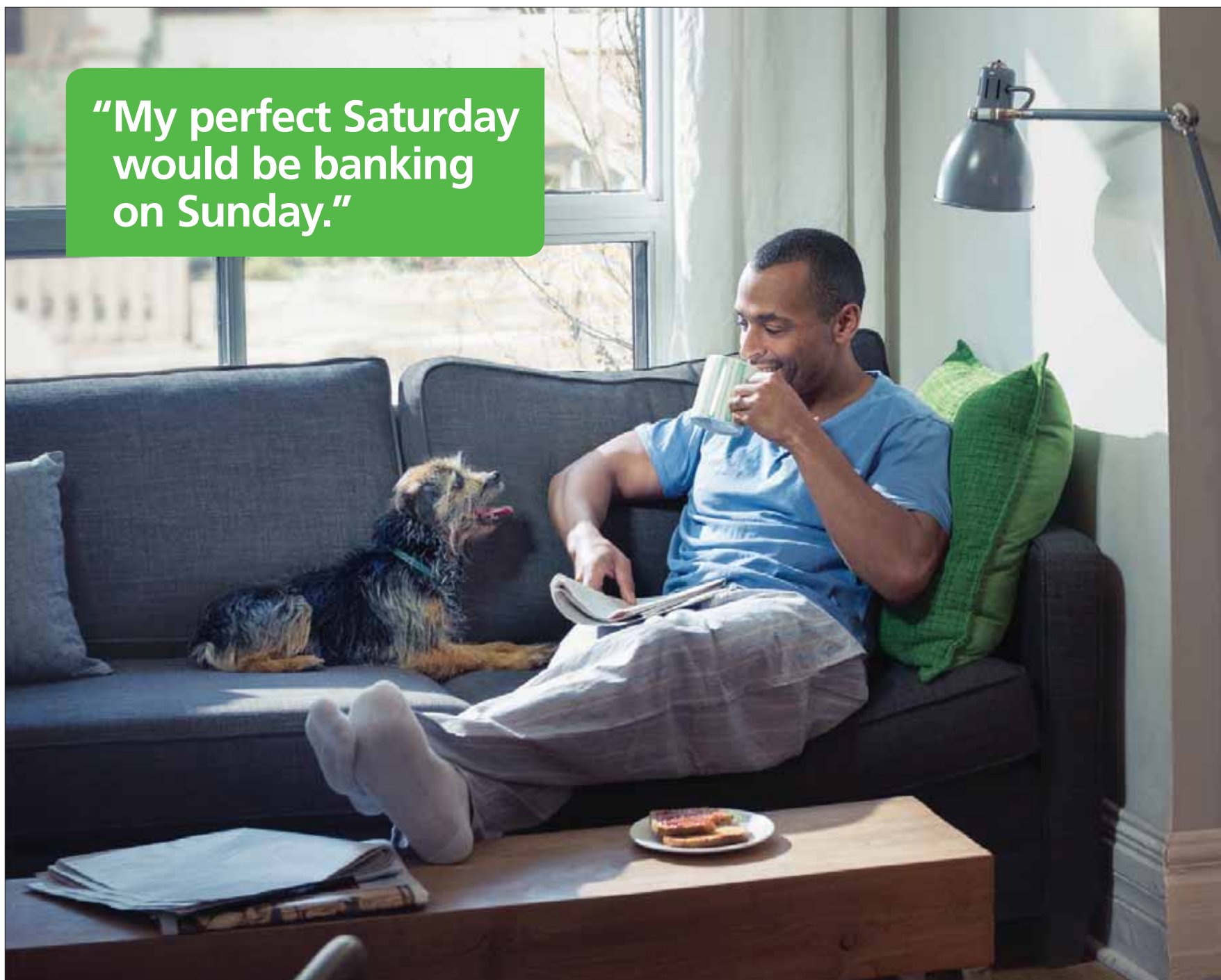
Know your limit
Play within it

knowyourlimit.ca

ModernOLG.ca



**"My perfect Saturday
would be banking
on Sunday."**



We hear you. We have the most branches open Sunday.

Thanks to our Sunday hours¹, it's easier for you to bank when you want to. Come in today to open a TD Select Service or TD Infinity account and get the latest 7" Samsung Galaxy Tab². When you're ready to switch banks, we're ready to listen.

Visit a branch, tdcanadatrust.com/switch or call 1-888-568-0953



Banking can be
this comfortable.



¹Individual branch hours vary. ²Offer available through July 19, 2013 but may be changed, extended or withdrawn at any time without notice. Conditions apply. See us for details. ©2013 Samsung Electronics Canada Inc., Samsung, GALAXY Tab are trademarks of Samsung Electronics Canada, Inc. and/or its related entities used with permission. Screen images simulated. Product may not be exactly as shown. ®/The TD logo and other trade-marks are the property of The Toronto-Dominion Bank or a wholly owned subsidiary, in Canada and/or other countries.



JEFF CHIU/THE ASSOCIATED PRESS

'FREE TO GROW UP AND LOVE AND BE MARRIED'

Gay-pride flags flew outside San Francisco city hall Wednesday — a landmark day for same-sex marriage after two U.S. Supreme Court rulings

A marriage made in Toronto was at the heart Wednesday of a landmark U.S. Supreme Court ruling that struck down the Defense of Marriage Act on a historic day that also cleared the way for same-sex marriage in California, the most populous state in the union.

The ruling on the federal U.S. legislation known as DOMA gives spouses in same-sex unions a full array of tax, health and pension benefits.

The challenge to the legislation was spearheaded by 83-year-old Edith Windsor, a New Yorker, who married her longtime partner Thea Spyer six years ago in Canada, where same-sex marriage has been legal for almost a decade. The couple's marriage was recognized by New York state, but

Libertarian conservative

"DOMA instructs all federal officials, and indeed all persons with whom same-sex couples interact, including their own children, that their marriage is less worthy than the marriages of others."

Justice Anthony Kennedy wrote in his decision — breaking partisan ranks

not by the federal government.

When Spyer died in 2009, the federal government cited DOMA to force Windsor, who's now ailing, to pay \$363,000 in taxes on her late wife's estate — taxes that wouldn't have been levied against her if she'd been married to a man.

Windsor wasn't at the Supreme Court on Wednesday, but watched from her lawyer's apartment in New York, where she was reportedly jubilant

upon word that DOMA had been struck down. The law had been in effect since 1996, when it was signed into law by a now-apologetic Bill Clinton.

"Children born today will grow up in a world without DOMA," a beaming Windsor told a New York news conference. "And those children who are gay will be free to grow up and love and be married. If I had to survive Thea, what a glorious way to do it.... She

would be so pleased."

Also on Wednesday, the high court cleared the way for same-sex marriage in California by ruling that defenders of Proposition 8, a ban on same-sex marriage, had no constitutional standing. That means a lower-court ruling in California that legalized same-sex marriage is again the law of the land.

The two historic rulings will likely transform the United States on same-sex marriage, an issue now widely considered a civil-rights battle.

As many legal experts predicted, it was Justice Anthony Kennedy, a libertarian conservative on the panel, who broke partisan ranks on the nine-member panel and voted in favour of striking down DOMA.

THE CANADIAN PRESS

Same-sex marriage. Ruling 'righted a wrong,' says Barack Obama

President Barack Obama hailed the U.S. Supreme Court's ruling that people in same-sex marriages are entitled to the same federal benefits as heterosexual married couples, declaring the court "has righted a wrong, and our country is better off for it."

Obama decided in 2011 to stop defending the 1996 law, concluding that it was legally indefensible. In a statement issued while he was flying on Air Force One to Africa Wednesday, Obama said he had directed Attorney General Eric Holder to work with others in his administration to make

sure federal law reflects the court's decision.

"This was discrimination enshrined in law," he said. "We are a people who declared that we are all created equal — and the love we commit to one another must be equal as well."

His statement came moments after he telephoned his congratulations to gay-rights advocate Chad Griffin and plaintiffs in a California gay-marriage case. "Through your courage, you're helping out a whole lot of people," Obama told them.

THE ASSOCIATED PRESS

'An important step'

Wynne welcomes U.S. decision

Canada's only openly gay premier welcomed



Kathleen Wynne

Wednesday an historic U.S. Supreme Court ruling that gives federal benefits to spouses in same-sex unions, saying she's "proud that Ontario led the way."

"I am so happy for our neighbours to the south," Ontario's Kathleen Wynne posted on Twitter after the landmark decision.

In a second Tweet, Wynne called the ruling "an important step" for the United States, and included a link to a video in which the Ontario premier talks about the day she married her partner, Jane Rounthwaite. "My own partner Jane was very emotional on that day because she didn't believe in her lifetime she would ever see such a thing," the 60-year-old premier said in the video. "It was the culmination of a long struggle."

THE CANADIAN PRESS



Michael Knaapen, left, and his husband John Becker embrace outside the Supreme Court in Washington, Wednesday, after the court cleared the way for same-sex marriage in California. CHARLES DHARAPAK/THE ASSOCIATED PRESS



Hurry! Offer ends July 19.

Switch to TD and open a Select Service or Infinity account, and get the latest 7" Samsung Galaxy Tab!

Visit a branch, tdcanadatrust.com/switch or call 1-888-568-0953



¹ Offer available through July 19, 2013 but may be changed, extended or withdrawn at any time without notice. Conditions apply. See us for details. ©2013 Samsung Electronics Canada Inc., Samsung, GALAXY Tab are trademarks of Samsung Electronics Canada, Inc. and/or its related entities used with permission. Other company and product names mentioned herein may be trademarks of their respective owners. Screen images simulated. Product may not be exactly as shown. ©/The TD logo and other trade-marks are the property of The Toronto-Dominion Bank or a wholly owned subsidiary, in Canada and/or other countries.

Booze. Sousa won't rule out corner-store alcohol sales

Ontario Finance Minister Charles Sousa isn't shutting the door to selling alcohol in convenience stores — a move the governing Liberals have long opposed.

Asked repeatedly Wednesday whether he'd allow convenience stores to sell booze, Sousa wouldn't rule it out.

He said there are no plans to change the structure of the Liquor Control Board of Ontario, which turned over \$1.65 billion to the province last year.

The Crown corporation is expanding its reach by setting up what it calls Express outlets inside 10 grocery stores, as well as adding more retail stores, Sousa said. But he'll always keep looking at alternatives that would support Ontario's economy.

Sousa's comments came after Mac's Convenience Stores said it would create 1,600 full-time jobs if its Ontario stores were allowed to sell beer, wine and spirits. **THE CANADIAN PRESS**



I Am Canadian ... and I want to buy beer at the corner store? Mac's Convenience Stores says it would create 1,600 full-time jobs if its Ontario stores were allowed to sell booze. **TORSTAR NEWS SERVICE**

Selling strategies. Care for some Coke on your cereal?

Get people to swap tea or coffee for soft drinks with breakfast — that's one of the strategies Coca-Cola's main bottler in Europe is targeting to boost sales in the United Kingdom.

Coca-Cola Enterprises Inc. issued a report last week identifying ways it can increase sales over the next five years in the region. One category entitled Complete the Meal notes that breakfast is often referred to as the most important meal of the day, with about a quarter of all drinks being consumed before 10 a.m.

"How do we motivate people to make soft drinks, like

smoothies, juices and other on-the-go products, part of their morning ritual in the same way as tea or coffee?" the report asks.

In a statement, the firm said it was referring specifically to smoothies and juices in suggesting breakfast as an area for growth.

The optimistic report comes as soda consumption has been fading in developed countries such as the U.S. amid concerns that it fuels weight gain. To combat criticism, Coca-Cola Co. began airing TV ads this year that explain what it's doing to fight obesity. **THE ASSOCIATED PRESS**

RetailMeNot offers Canadian website

Online deals. Coupon destination aims to create 'more relevant' experience for buyers north of the border

Some savvy shoppers never complete an online purchase before launching a quick search to see if any money-saving coupons are available online.

The option to insert a coupon or promo code during checkout is a good hint that the e-tailer may be offering discounts to those in the know.

In the U.S. and other markets around the world, RetailMeNot — which logged more than 450 million visits globally in 2012 — is a top destination for finding those coupons.

And plenty of Canadians have also been using the search tool, even if it wasn't set up to offer discounts in Canada.

On Wednesday, the company announced the launch of RetailMeNot.ca to better serve the scores of Canadians that have already been using the site in search of deals.

"We should've been here probably a while ago," said head of communications Brian Hoyt.

"We've had millions of vis-



RetailMeNot.ca has coupons and specials from retailers including Aeromobile, Roots, Banana Republic, J.Crew, Lowe's, Sears and Starbucks. **SCREENGRAB/RETAILMENOT.CA**

its from Canadian consumers coming to the U.S. site and quite frankly we were offering them a sub-optimal experience. Now we've created something that's more relevant to them."

Canadians who visit the site will see coupons and specials from retailers including Aeromobile, Banana Republic, J.Crew, Lowe's, Roots, Sears and Starbucks. Some of the deals aren't exclusive to the site and are the same specials consumers would see in a flyer or at a store's website.

Canadians can still access

RetailMeNot.com with its database of U.S.-based coupons and deals and Hoyt said he expects that side of the site will be a little more popular than the .ca section.

"We think it's going to follow the split you see in e-commerce overall for the Canadian market," said Hoyt.

"I think our site's a good overall indicator of the direction that e-commerce is going in." He estimated the split to be 60 per cent interested in U.S. sites and 40 per cent for Canadian sites.

THE CANADIAN PRESS

High River, Alta.

Floods force Canada's largest beef plant to halt slaughter

Flooding in southern Alberta has forced the largest beef plant in Canada to stop slaughtering cattle.

Cargill Ltd.'s facility outside High River depends on large volumes of clean water from the town's treatment plant, which hasn't been working since floods heavily damaged the community.

Brigitte Burgoyne, a company spokeswoman, said the meat packer stopped slaughtering cattle last Thursday and won't be able to resume until High River's water plant is fixed.

THE CANADIAN PRESS

Mobile market

Verizon's interest in Canada sends shares of big three tumbling

The impact of the potential arrival of American giant Verizon in Canada's cellphone market has left analysts divided, with some seeing benefits for consumers and others a lot of negatives.

Verizon, the largest American carrier, has almost 100 million subscribers, easily dwarfing the combined 25 million held by Rogers Communications, Telus Corp. and Bell Inc.

News that it was in the market for some of Canada's smaller players sent the shares of the big three Canadian companies tumbling on Tuesday.

The Globe and Mail has reported that Verizon has made an initial \$700-million offer for Wind Mobile and is starting talks with financially struggling Mobilicity. **THE CANADIAN PRESS**

Market Minute

DOLLAR
95.43¢ (+0.27¢)

TSX
11,951.90 (-53.51)

OIL
\$95.50 US (+18¢)

GOLD
\$1,229.80 US (-\$45.30)

Natural gas: \$3.71 US (+6¢)
Dow Jones: 14,910.14 (+149.83)



Wellies and rucksacks mean its Glastonbury time

Gates opened Wednesday at a U.K. dairy farm that will be hosting one of the largest music festivals in the world — Glastonbury Festival of Contemporary Performing Arts. While some arts and music festivals struggle to sell tickets, Glastonbury, now in its 43rd year, sold out in minutes before any of the headliners had been confirmed. The festival, which started in 1970 when several hundred hippies paid one pound to watch Marc Bolan, now attracts more than 175,000 people over five days. Arctic Monkeys, Mumford and Sons and the Rolling Stones are playing. **MATT CARDY/GETTY IMAGES**

LEGAL NOTICE

CANADA, PROVINCE DE QUÉBEC
DISTRICT DE HULL
NO: 550-22-014553-133

COUR DU QUÉBEC (chambre civile)
MUNICIPALITÉ DE CLARENDON
Demanderesse

C.
LISA BLAKE HODGINS
Défenderesse

ASSIGNATION (139 C.p.c.)

PAR ORDRE DU TRIBUNAL :
Avis est donné à la défenderesse que la demanderesse a déposé au greffe de la Cour du Québec du district de Hull, une requête introductive d'instance. Une copie de cette requête et de l'avis à la défenderesse ont été déposés à l'intention de la défenderesse au greffe du tribunal, au palais de justice de Hull, situé au 17 rue Laurier, bureau 0.210. Il est ordonné à la défenderesse de comparaître dans un délai de 30 jours de la date de la publication de la présente ordonnance.

A défaut de comparaître dans ce délai, un jugement par défaut pourrait être rendu contre vous sans autre avis dès l'expiration de ce délai.

Soyez aussi avisée que la requête introductive d'instance sera présentée pour décision devant le tribunal le 6 août 2013 à 9h00 a.m. en la salle 10 du palais de justice de Hull.

25 juin 2013
Signé à Gatineau, le

GRIFFIER-ADJOINT

TAKE THE ROAD LESS ARGUED

As I get older, I fear I may be slipping into the deep, dark abyss of bright, easy vacations.

The horror, the horror.

I'm in Amsterdam at the moment, and it's about as easy as it gets, unless you're allergic to bicycles, fear small serving sizes and can't tolerate tolerance. (Toronto Mayor Rob Ford would hate it here.)

I've always prided myself on my ability to fling myself into strange places with just a tent and a backpack and my wits — all three smaller than you might imagine. But more and more often when I travel I find myself striving for the easy way in. Niagara Falls, not Victoria Falls. Hotels, not hostels.

It makes me vaguely sad, and has me worrying I'll regress into that guy on the tour bus with the Hawaiian shirt asking if "you all get McDonald's around here."

I've been having a running debate with myself during this trip about the "right way" to travel. If you've never been to the Munk Debates, it's just like that. If you have been to the Munk Debates, never mind.



HE SAYS
John Mazerolle
metronews.ca

It goes like this:

Easy: Vacationing should be easy, duh. That's why it's called a vacation. Probably. I'm lying here on vacation and I'm too lazy to look it up.

Hard: Get up, you sack of suet. Travelling should be a challenge. I can relax at home. I see Facebook cover photos of people's toes on beaches and their feet scream at me like Chekhov's gun. Use them before it's too late!

Easy: Gee, you sound like a blast to travel with. If you have the means to enjoy yourself, do it. Don't deny it because of some misguided need to feel cool. You're like the guy who orders suicide wings just to say you did, even if it's as enjoyable as getting a live chicken to peck at your face.

Hard: At least that's a story to tell. You have a whole world to explore, full of wonders and dangers and excitement, and when you come back all you'll be able to say to people is that it was "nice."

Easy: It isn't always easy. I just paid four euros for 200 millilitres of Pepsi. Who wants 200 ml of anything?

Hard: Well, that's certainly worthy of Jacques Cartier. Do you

think you'll be OK?

Easy: You're such a snob.

Hard: Snob?

Easy: Snob.

(Reminder: Just like the Munk Debates.)

Easy (cont.): You treat travelling like a private club, where the only people deemed worthy are ones who have seen enough to be considered cool, like there's a velvet rope around developing countries or something. I don't need a VIP ticket to see the Earth, snob.

Hard: You know what's snobby? Expecting to be waited on hand and foot by people making crap money while you lounge around doing nothing. All you need is a vomit bucket and you're Julius Caesar. And from what I've heard about cruise ships, you might need that bucket.

Easy: I don't want to argue anymore. I'm on vacation.

Hard: I'd rather be challenging myself anyway. Let's get a drink.

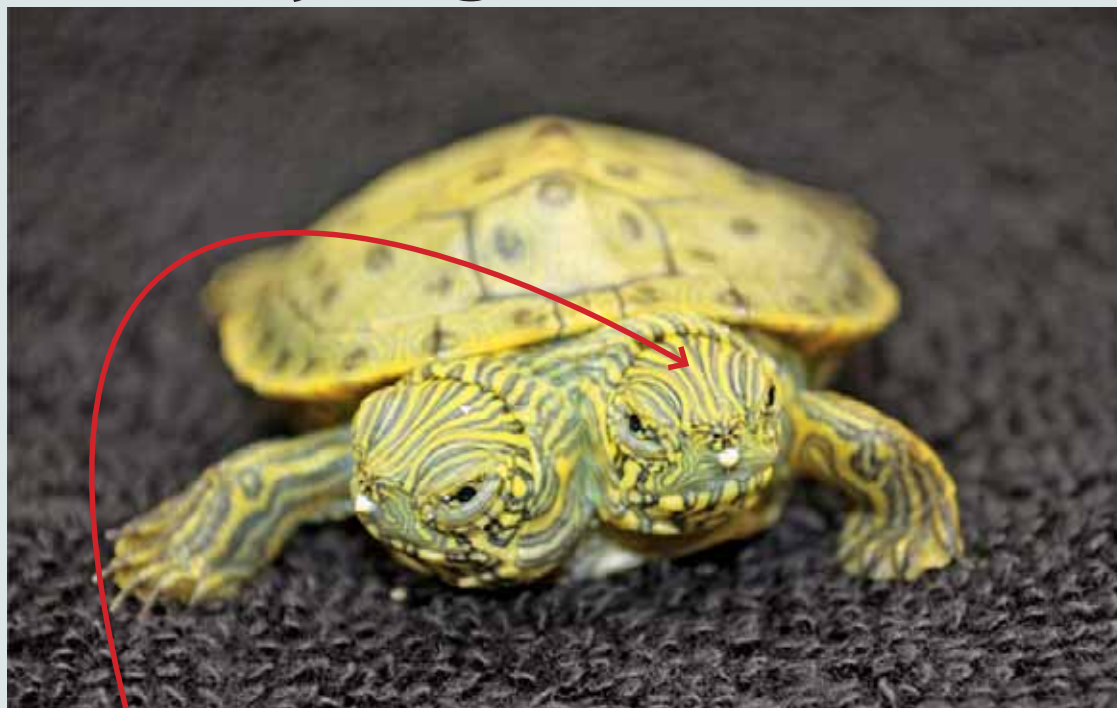
Easy: 200 ml of Heineken would go down easy. You're paying.

Hard: That's what I'd prefer.

(Reminder: If you'd like a transcript of this important debate, you should get out more.)

ZOOM

One way to get ahead in life



SAN ANTONIO ZOO/THE ASSOCIATED PRESS

Two-headed turtle makes its debut

Thelma and Louise, a two-headed Texas cooter turtle, is seen at the San Antonio Zoo. Zoo officials on Tuesday said the Texas cooter was born June 18.

The turtle was one of

several Texas cooters born this month at the zoo, but the only one with two heads. The zoo is no stranger to two-headed reptiles. The facility was home to a two-headed Texas rat snake named Janus from 1978 until the creature's death to 1995.

THE ASSOCIATED PRESS

Let's put our heads together

- Zoo spokeswoman Debbie Rios-Vanskike said the two-headed turtle appears healthy and is able to swim and walk. She says experts at the

zoo don't foresee any health issues for Thelma and Louise, named for the female duo in the 1991 Oscar-winning road movie of the same name.

Clickbait



LUKE SIMCOE
Metro Online

Are you tired of composing text messages with 26 measly letters and a few punctuation marks? Give these apps a spin to add some visual flair to your texting game.



Emoji:

While most North Americans are familiar with the iconic :) smiley face, Japanese texters have taken pictographs to a whole new level. Newer iPhones actually have a built-in emoji keyboard (you just have to enable it under the international keyboards setting), but there are a host of apps available for Android users and Apple laggards.

gif. The iOS edition even integrates with your camera to let you stick pics on top of your friends' faces.

SMS Rage Faces:

Popular on social sites like Reddit and 4chan, these pictures can be used to express the full gamut of online emotion, from rage at reading the comments section to the shock and awe of a cute cat

Look of Disapproval: Similar to Rage Faces, this app lets you copy and paste all kinds of unicode emoticons into your texts. From Big Ears Sad Look to Hitler Look Of Disapproval, there's something for everyone.

Twitter



@metropicks asked: Coca-Cola will try to get Brits to swap their morning coffee for pop. Would you make the switch?

@theunshakable1: Why? The British bad teeth stereotype isn't bad enough? Really trying to drive that point home...

@FrenchmanCanada: Totally! I've always wanted to be morbidly obese and contract diabetes.

@LauraBabcock: barf

@GiseleLumsden: Really? Ewww

Follow @metropicks and take part in our daily poll.

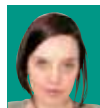
WE WANT TO HEAR FROM YOU:

Send us your comments: ottawaletters@metronews.ca

SCENE 2

Not just a walk in the Parktown

Production company. It took lots of hard work to get its name out there, but this business is thriving now


**BACKSTAGE
PASS**

Jen Traplin
ottawa@metronews.ca

Local production company Parktown, whose portfolio includes feature films, music videos, commercials and public service announcements, continues to prove it has a creative and award-winning formula.

Parktown was launched 10 years ago by two friends with lofty goals.

But when the company first started out, president Richard Towns admits he and partner Sean Parker had “no experience whatsoever.”

“Originally, back in 2003, Sean came to me and he had a short film script that he had written and he asked me if I wanted to produce it. In actuality, what he meant was he wanted me to pay for it,” Towns jokes. “So, that’s kind of how we started out and we’ve been doing it for a decade now.”

Things really took off for Parktown nearly seven years ago when the company won LiVE 88.5’s 15 Seconds of Fame competition.

The contest called on fans and listeners to create their own 15 second commercials for the radio station.

“I was actually just driving in my car and I was tuned into 88.5, which was relatively new at the time, and I heard about this commercial contest but I had never done anything like that. The majority of the



Parktown president Richard Towns, centre, with crew members Diego Dias, left and Geoff McCaldin. IRVINA NUSPAHIC

focus we had in the beginning was just feature films but feature films are difficult from a funding and sales aspect. So, at that point, I was just looking for anything I could get my hands on,” explains Towns.

He contacted director Kyle Connolly, who came up with the concept of people passing on a musically

charged orange dot. After the win, the company was hired by NewCap Radio to produce a series of similar commercials that were then used as the radio station’s main marketing campaign.

Now, Towns and his team have their hands in all sorts of projects, including some projects that have won critical acclaim.

At the 2011 Ottawa International Film Festival, two Parktown produced projects won awards — crime drama *A Violent State* won best film and the music video for My Dad Vs. Yours’ Happy Wanderer/Carry the Weight won best music video.

Towns is hopeful that Parktown’s proven track record over the last decade

sets them apart from other up-and-coming production companies.

“A lot of people think they’ll go into this and make a quick buck or it’s going to be easy work but, if they don’t put in the hours, then they’re going to fade away.”

For more on Parktown, visit parktown.ca.

BRiO

Miraclesuit

we'll help you find the perfect swimsuit for your perfect summer

380 Richmond Road & 911 Bank Street

**THE
GREATEST
CLUB SINCE
"SANDWICH"**

**JOIN CLUB METRO TODAY!
CLUBMETRO.COM**

Sitcom veteran's return will make for a good Knight

The Exes. Seinfeld's Newman and Jurassic Park's Dennis Nedry may define Wayne Knight but there is more to his career and him than those nasty guys

MATT PRIGGE

Metro World News in New York City

Wayne Knight's legacy is sealed, thanks to two major contributions to 1990s culture: Newman on Seinfeld and greedy Dennis Nedry in Jurassic Park. Knight returns to sitcom work with TV Land's *The Exes*, now starting its third season, which also reunites him with his *Third Rock From the Sun* co-star Kristen Johnston. But like many old workhorses, there's more to him, including films, shows and Broadway work. For instance, did you know he was on a 1980s sketch comedy show with Emma Thompson?

What's it like returning to sitcoms?

Basically the nature of the job is equivalent to stealing. Once you've learned how to pilfer, you remember how to do it, it's highly profitable, and it takes little effort.

You've said one thing you like about your *Exes* character is he's a bit opaque, and you can play him in different ways.

This season we get to see a bit more variance. We peel away revelations about what his marriage was like. There's depth to him that doesn't show all the time. There's broadness at times. There's cynicism. It just depends on where he is in the plot.

Do you consciously try to avoid some of the darker tones of Newman or Dennis Nedry?

It's more in the public's eye than mine. I don't know if I'm as versatile as I'd like to pretend (laughs). The thing is if you play two iconic characters who are evil guys, if you do it well, then that's what people want to see you do. I spent 19 years trying to change that, but after awhile you just go, "Oh, whatever."



Wayne Knight will star alongside former *Third Rock From the Sun* co-star Kristen Johnston in *The Exes*. GETTY IMAGE

Do you have a strong rapport with your cast mates?

Everyone assumes that when you're doing a show with people, you're intimate and you're going to go over to their house and you go out on a boat together. That's not necessarily the case. Often times you'll have the wolf and the sheepdog thing — "Hi, Ralph," "Hi, Fred." Then you go home. I find that everything on this set gets along. We have great respect for each other.

You started as a serious stage actor when?

I came to New York at 23, and was on Broadway for this play *Gemini*, which was a comedy. I honed my chops over three years of doing that play. What was fascinating to me (was) learning how an audience works. You just learn these things about comic timing.

One of your earlier shows — the 1985 British-American sketch comedy *Assaulted Nuts* — had you working with Emma Thompson. What was the experience of that show?

It was an interesting thing, partly because Emma Thompson was in it. This was before she became Dame

Emma. We're still friends, because I just think when you find somebody like that you try not to let them go. It was three British actors and three Americans and it was airing simultaneously on Cinemax and Channel 4 in Britain. It sunk in the middle of the ocean, because you're trying to combine British and American sensibilities. I don't know if it worked, but it was fun to do.

As far as films, you were in two separate Oliver Stone movies: *Born on the Fourth of July* and *JFK*.

I had very little to do in *Born on the Fourth of July*. I had to push Tom Cruise into the Democratic Convention with John C. McGinley. We did this improv as we were shoving him through. I think Oliver was impressed I kept up with John C. He's just a verbal gymnast.

What was Stone like?

It's kind of like if you drank a bottle of booze and woke up from a fetid, sweaty dream, and there was somebody in the room. That would be Oliver Stone (laughs). You respect him and are frightened of him.

Indigo bestsellers

NOW
40% OFF

Our Top 20 are NOW 40% off. In-store. Every day.



1. THE OCEAN AT THE END OF THE LANE Neil Gaiman

A moving story of memory, magic and survival from the masterful Neil Gaiman. *The Ocean at the End of the Lane* is told with a rare understanding of all that makes us human and shows the power of stories to reveal and shelter us from darkness, inside and out.

Last Week: 1 / Weeks on List: 2



2. INFERNO Dan Brown

In the heart of Italy, Harvard professor of symbology Robert Langdon is drawn into a harrowing world centered on history's most enduring and mysterious literary masterpiece — Dante's *Inferno*.

Last Week: 2 / Weeks on List: 5

This Week

Last Week Weeks on List

- | | | |
|--|----|----|
| ★ 3. EYE OF GOD James Rollins | - | 1 |
| 4. THE GREAT DEGENERATION Niall Ferguson | 4 | 2 |
| 5. REVENGE WEARS PRADA Lauren Weisberger | 5 | 4 |
| 6. ZERO HOUR Clive Cussler | 6 | 5 |
| 7. SILVER STAR Jeannette Walls | 3 | 3 |
| 8. ONE HEART TO WIN Johanna Lindsey | 8 | 3 |
| ★ 9. BEAUTIFUL DAY Elin Hilderbrand | - | 1 |
| 10. DELICATE TRUTH John Le Carré | 10 | 8 |
| 11. THE SECRET RACE Tyler Hamilton | 11 | 2 |
| 12. FLIGHT OF THE EAGLE Conrad Black | 12 | 6 |
| 13. KILL ROOM Jeffery Deaver | 7 | 4 |
| 14. WAITING TO BE HEARD Amanda Knox | 14 | 2 |
| 15. TRANSATLANTIC Colum McCann | 15 | 4 |
| 16. WILD Cheryl Strayed | 16 | 13 |
| 17. LET'S EXPLORE DIABETES WITH OWLS David Sedaris | 17 | 10 |
| 18. RED SPARROW Jason Matthews | 18 | 3 |
| 19. BEST KEPT SECRET Jeffrey Archer | 9 | 9 |
| 20. DOUBLE CROSS Ben Macintyre | 20 | 7 |

Combined Fiction and Non-Fiction Bestsellers for the week, ending July 2nd

★ New this week

Indigo

Chapters

Coles

Connect with us [f](#) [t](#) [p](#) /chaptersindigo

IN-STORE ONLY: 40% discount applies to in-stock books featured on Indigo's Top 20 English Bestseller list at time of purchase. Bestseller list which gets updated regularly is determined by Indigo Books & Music Inc. Not valid in conjunction with any other offer or promotion excluding everyday rewards discount and cannot be used to adjust amount paid on previous purchases. Offer may change or end at any time without notice. Indigo, Chapters and Coles are trademarks of Indigo Books & Music Inc.

Online Bestsellers. Top 50 are 50% off at indigo.ca

'I don't really cater to what's going on in hip-hop'

Ice Cube as chill as ever. Rapper continues to pride himself on not being swayed by popular themes of the genre

LAUREN CARTER
Metro World News

Ice Cube has parlayed a hardcore rap career into an entertainment empire that spans movies, television and product endorsements. But the former N.W.A. member and solo artist known for groundbreaking albums such as AmeriKKKa's Most Wanted and Death Certificate has no plans to switch up his politically charged style. While mainstream rap drowns in escapist tales of cars, clubs and fancy cribs, he says fans can expect "vintage Ice Cube" on his forthcoming album, Everythang's Corrupt.

"Everything that you've ever gotten from me, I deliver on this record," he says.



Ice Cube — born O'Shea Jackson — is also working on a feature film about Compton collective N.W.A. that will reunite him with Friday director F. Gary Gray. ALL PHOTOS GETTY IMAGES

"My style is straight street knowledge. I don't really cater to what's going on in hip-hop or what's going on in the industry, so to speak.

I just dial in on Ice Cube fans and try to keep them satisfied, and everybody else gotta get in where they fit in. I don't want to have to worry

about no program director here or no A&R there. That makes it a drag, and being independent, I can just go in the studio and do what I

feel."

While he wraps up his 10th album, the actor, writer, producer and director is in talks with distributor New Line Cinema to close out the Friday franchise with final instalment Last Friday.

"We're trying to get it done," he says. "New Line

has really been neutered by Time Warner, so they can't do as many movies as they usually do per year. So it's just a fight to get Last Friday on their schedule. They only got three or four movies to do a year, and urban comedy is probably low on the totem pole."

Public preference

Ice isn't shy about revealing who his favourite emcee on the tour is. That's because it's his favourite rapper of all-time: Public Enemy's Chuck D.

- "It's like being on tour with your big brother," Cube says. "He's just one of those dudes who — pound for pound, lyric for lyric — has done the most out of any emcee, because he ain't

just rapping no bulls—.

• "It's something real. And even when rapping about bulls— is popular, I mean, he still stick to what he do. That's great. For artists like myself, and him being one of my peers and me really looking up to Chuck, it's good that he sticks to the script."



The best exc

Save big throughout the store at the **IK**



50% OFF
all picture
frames**

Valid June 27 - 30**
Limit 20 per customer



Those happy party-goers in the back may not stay so smiley if Courtney decides to aim her ammo at them. GETTY IMAGES

No Love lost between Courtney and the world

Unfinished legacy.

The rocker has choice words for promoters, former bandmates and, well, just about everybody else

PAT HEALY
Metro World News

When interviewing Courtney Love, you don't want to upset her, especially within the first minute.

We begin innocuously enough by asking about her current tour, which we saw listed on one venue's website as, "Courtney Love performing songs from Live Through This, Celebrity Skin & Nobody's Daughter including Violet, Miss World, Celebrity Skin, Malibu, Skinny Little Bitch & More!"

This is news to her, and she vows to let the responsible parties know her thoughts. "I'm

You've been punked

"If you want to see something really miserable, watch that Pixies reunion frickin' documentary."

Courtney Love

gonna tear someone's f—ing head off," she says.

Through all of the tangents the rest of the call takes — and it takes many, from Rod Stewart to investment strategies — she keeps returning to this new info. And whatever commentary isn't about how her show was advertised is peppered with similar bitterness.

"If you want to see something really miserable, watch that Pixies reunion frickin' documentary," she says at one point.

Love insists this tour is not a greatest hits show. She says she has an album's worth of new material recorded and will be

The Hole story

Go on, take everything!

- Love says that since her last full release, the 2010 Hole album Nobody's Daughter, she has given up the Hole moniker and the idea of any sort of reunion with the formative lineup, which included drummer Patty Schemel, guitarist Eric Erlandson and bassist Melissa Auf der Maur.

- "I would be happy — as much as I love Shawn (Dailey, bassist) — to take Melissa back, but Melissa

won't do it unless Eric does it, and I'm not doing it with Eric," she says at an uninterrupted pace. "I just won't do it. The guy went into my storage, took 74 guitars out of storage, took my entire backline, which is Kurt's backline, so one side says Hole, the other side says Nirvana. ... I'm about to start pressing charges against him on like, robbery, a whole bunch of criminal matters. ... I really can't envision touring with that a—hole, so that's the end of that."

drawing from those songs.

"I'm not playing the singles though, which are the funnest ones," she says. "I don't want them to leak."

So if the only new songs she's playing are not the so-called funnest ones, how does

she stay fresh?

"I stay fresh and dainty all the time, and I'm really good at taking baths," she jokes, picking apart the phrasing of this reporter, "but beyond that, I'm not ever going to do that oldies circuit thing ever."

Use to be inside this summer.

IKEA Summer Sale on now until July 8th.



LACK
side table, 55x55cm[†]
~~Was \$9.99 - \$12.99/ea~~
\$6⁹⁹/ea

Valid June 27 - 30^{††}
Limit 4 per customer



Haddock and chips
~~Reg. \$6.99~~
\$4⁹⁹

Valid June 27 - 30^{††}
Available after 11am daily

Visit **IKEA.ca** for details
and local store specials.





Jennifer Aniston. ALL PHOTOS GETTY IMAGES

Aniston engagement on the rocks over East Coast row

Wedding bells may not be ringing after all for Jennifer Aniston and Justin Theroux, as their marriage plans have reportedly stalled due to a dispute over where to live, according to Radar Online.

"He suggested the couple could live in New York City part-time, no more than six months a year," a source says.

"Justin misses the Big Apple and his friends. His entire life was in New York, and he uprooted his entire life to move to L.A. to be with Jen. He thinks it's time Jen start to compromise, but she is absolutely refusing to live on the East Coast, even part-time."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Brown continues bumbling his way around

Jeez, rough week Chris. Just two days after being accused of assaulting a woman in a San Diego nightclub, Chris Brown has been charged with a hit and run as well as driving

without a license by the Los Angeles City Attorney's office, according to E! News.

On May 21, Brown allegedly struck another car but refused to give his driver's license number and fled the scene.

His arraignment is set for July 15, and he faces up to six months in jail and a \$1,000 fine for each offense. It's unclear how the new charges will effect Brown's ongoing probation for his assault of Rihanna.



Victoria Beckham

No acting experience, no problem

Victoria Beckham thinks her husband, David, can do anything — even be the next to play James Bond.

"I think you would be really good at acting. I think you'd be great," Victoria tells David during a joint interview with Chinese news station CCTV. "I think he should be James Bond. He'd

be a good James Bond."

David isn't so sure another career is exactly what he needs right now, though.

"I have some friends who are actors," David says. "Tom Cruise is a very good friend of ours. But I don't think I have any plans to become an actor. I'm not sure I'd be very good at it."



Heidi Klum

Klum committed to making Seal extinct

What's more final than a divorce agreement? How about getting a tattoo removed. Heidi Klum is apparently really,

truly done with ex-husband Seal, as recent photos of the model seem to show that she is in the process of removing a tattoo on her forearm that she got in 2008 to commemorate their fourth anniversary, according to Splash News. The tattoo is a stylized design of Seal's name, along with the initials of the three children they share.

Get
18,500
SHOPPERS OPTIMUM
BONUS POINTS®
WHEN YOU SPEND \$75 OR
MORE ON ALMOST ANYTHING
IN THE STORE.*

FRIDAY, JUNE 28
TO MONDAY, JULY 1

THAT'S A
\$25
SAVINGS
VALUE!



FREE
feels good™



**SHOPPERS
DRUG MART**



*Offer valid on the purchase total of eligible products using a valid Shoppers Optimum Card® after discounts and redemptions and before taxes. Maximum 18,500 points per offer regardless of total dollar value of transaction. Excludes prescription purchases, products that contain codeine, non-pointable items, tobacco products (where applicable), lottery tickets, stamps, transit tickets and passes, event tickets, gift cards, prepaid card products and Shoppers Home Healthcare® locations. Offer applies to photofinishing services that are picked up and paid for on the day of the offer only. Not to be used in conjunction with any other points promotions or offers. See cashier for details. Shoppers Optimum Points® and Shoppers Optimum Bonus Points® have no cash value but are redeemable under the Shoppers Optimum and Shoppers Optimum Plus programs for discounts on purchases at Shoppers Drug Mart. The savings value of the points set out in this offer is calculated based on the Shoppers Optimum Program® rewards schedule in effect at time of this offer and is strictly for use of this limited time promotion. The savings value obtained by redeeming Shoppers Optimum Points will vary depending on the Shoppers Optimum Program reward schedule at time of redemption and other factors, details of which may be found at shoppersdrugmart.ca. © 911979 Alberta Ltd.



LEAF/VEER



MONKEY BUSINESS IMAGES/VEER

RBC INFINITE AVION
METRO CUSTOM PUBLISHING

NOT ALL CREDIT CARDS ARE CREATED EQUAL

These days, most credit cards are enhanced with points programs designed to give customers something extra for their dollars spent. But when it comes to premium travel rewards, RBC Infinite Avion card is a step above the rest.

“Avion really brings the statement ‘not all points are created equal’ to life,” says Andrea Metrick, director, retail credit cards, RBC.

Avion offers unmatched travel benefits with a policy of “any flight, any airline, anytime.”

“Clients can easily redeem their points for travel even during peak times like March break,” Metrick says. “There are no blackout periods or seat restrictions. And your points won’t expire, so you can save up for a really big trip if you choose. This really resonates with our cardholders.”

What do clients like most about Avion?

“Our customers are busy people who appreciate ease and convenience, but they also want flexibility and choice when it comes to redeeming their RBC Rewards points for travel and other rewards,” Metrick says.

Clients have the option of converting points to WestJet dollars, British Airways Avios, American Airlines AAdvantage miles, Cathay Pacific Asia Miles, Shoppers Optimum Points, or Esso Extra Points.

Another advantage is the ability to earn bonus points for any travel-related purchase (flights, hotels, car rentals, etc.).

“Instead of the usual one RBC Rewards point for every \$1 spent, you get an extra 25 per cent for travel purchases,” Metrick says.

“Customers can earn points even faster when shopping online through the RBC Rewards eMall, an exclusive e-commerce site where they can access more than 250 Canadian and U.S. retailers and earn points up to five times faster.

“Avion also provides great opportunities to use points for merchandise, gift cards and RBC financial rewards,” Metrick adds.

For example, a customer can convert their points to top up an RRSP or pay down an RBC loan or line of credit.

“It’s this kind of flexibility that really puts Avion cardholders in the driver’s seat.”



RBC Royal Bank

The power to fly during peak seasons.



Avioners® can do that.

Some travel rewards credit cards have blackout periods that restrict when you can fly. The RBC® Visa Infinite® Avion® card gives you the power to fly when you want with points that don’t expire*. Whether it’s summer vacation, spring break or winter holidays, if the seats are available, you can go. Plus, you’ll earn 1 RBC Rewards® point for every dollar in purchases*. That’s the power of being an Avioner®.

Receive 15,000 welcome points upon enrolment – valued up to \$350*.

Apply today at rbc.com/avion or call 1-800-769-2511.



© / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. *All other trademarks are the property of their respective owner(s). ^RBC Rewards points will be cancelled if they remain unredeemed within ninety (90) days after the termination of the RBC Rewards program or after you voluntarily close your RBC Royal Bank credit card account. *RBC Rewards points are earned on net purchases only; they are not earned on cash advances (including RBC Royal Bank credit card cheques, balance transfers, cash-like transactions and bill payments that are not pre-authorized charges that you set up with a merchant), interest charges or fees, and credits for returns and adjustments will reduce or cancel the points earned by the amounts originally charged. †To receive the 15,000 bonus RBC Rewards points which will appear on your first statement, your application form must be received by October 31, 2013 and approved by us. Additional cardholders, as well as cardholder(s) with existing RBC Royal Bank travel rewards credit cards, applying for or transferring to an RBC Visa Infinite Avion card as of the offer eligibility period, are not eligible for this offer. This offer may not be combined or used in conjunction with another offer. Air Travel Reward redemptions from the Air Travel Redemption Schedule start at 15,000 points for a round trip short-haul flight in economy class with a maximum ticket price of \$350. All applicable taxes, service fees and surcharges are the responsibility of the traveller. For more details, including guidelines on redeeming for business class seats, visit <https://www.rbc Rewards.com/travel-rewards/index.html>. For complete terms, conditions and restrictions that apply to the RBC Rewards program, visit: www.rbc Rewards.com or call 1-800-769-2512.

Wave goodbye to boring

You've got it braid. Sweating the summer 'do dilemma? Weave together a Hollywood mane-stay and every hipster's must-have hairstyle.

TINA CHADHA
Metro World News

You love the Veronica Lake waves actresses such as Jes-

sica Alba and Jessica Chastain sport on the red carpet, but you just can't get over a dreamy braid crown, either (especially as temperatures continue to rise). Jenny Balding, styling and grooming expert at Cutler/Redken Salons, says to combine the two. She shows us how to create a modern version of the popular retro trend by adding an oh-so-now braid to the mix.

"It's rock 'n' roll with the braid," says Balding. "And it's a way of getting the hair off your neck without having to do an updo." Bring on the outdoor weddings!



Jessica Alba sweeps it to the side while Jessica Chastain brings her red hot tresses to the red carpet. GETTY IMAGES

Hairdo how-to

- Create a deep side part. Blow out your hair with a big round brush to give it volume.
- Using a 1-inch barrel curling iron, curl your whole head, working from mid-length to the ends only. Hold the iron vertically and wrap small sections of hair around the barrel toward your face. Only when doing the front of the hair, or bangs, wrap your hair around the barrel away from your face.
- Once the hair has cooled, use a boar bristle brush to gently brush out curls.
- Next, section off hair underneath the part. Working at an angle, French braid the section halfway down the hair. Tie the braid with a clear elastic, such as Snag-Free Hair Elastics from Sephora, and sweep it across your shoulder underneath the waves.



Pre-style secrets

- Wash your hair the night before so it's clean but lived-in a little.
- Before starting, apply a volumizing lotion to the roots for body. Balding uses Redken's Rootful 06.
- For a polished finish, add a drop or two of argan oil from mid-length to ends.



ALEX AND ANI®
(+)ENERGY

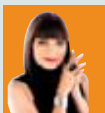
MADE IN AMERICA WITH LOVE • WWW.ALEXANDANI.COM

**ADMITTING YOU
WANT TO WIN PRIZES
& GET GREAT
DISCOUNTS IS
THE FIRST STEP.**

JOIN CLUB METRO TODAY!
CLUBMETRO.COM



Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.



With the fab Bonnie, Rooks and @StevenAndChris @DesignExchange. For the opening @LouboutinWorld



Time for Tea! A fund-raiser for St. Mary's U. #NovaScotia My hat is by Toronto's David Dunkley.

One-minute miracle

The Sun \$35 (43 ml), lush.ca

"Channel the warmth of summer days via fragrance with this orange-tangerine-sandalwood-infused — and vegan-friendly! — perfume. It's sweet but not too sweet. Think of it as happiness in a bottle, and tailor-made for warm, blissful, sunny days."

Ashley Kowalewski
TheKit.ca



FOR MORE FASHION AND BEAUTY NEWS YOU CAN USE, CATCH UP WITH THE KIT AT THEKIT.CA

Trends Report

- The Internet has turned many of us into virtual fashionistas, but with so many websites to navigate, online deals can be hard to keep track of. Go to Trends Report to learn more about how a Vancouver-based tech startup

has created a tool to help organize all your virtual shopping trips.

Visit metronews.ca/voices/trends-report to find out more.

Follow Irene on Twitter at @MetrolreneK



The Kit

Canadian street style

Spotted in: Toronto

Jenni
Music teacher
Age:26

What she's wearing

Sele floral dress, vintage leather purse (from her Nona's closet), American Eagle shoes, H&M sunglasses and belt.

Her inspiration

"The weather and comfort. I like feeling fresh and being comfortable in what I am wearing. In the summer you can always find me in a dress, right now my closet consists of only summer dresses!"

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM — AND A WEEKLY NEWSPAPER SECTION TOO!



SOME THINGS SHOULD
NEVER BE FOR SALE.



JOIN THE FIGHT AGAINST CHILD SLAVERY AT NOCHILDFORSALE.CA

#nochildforsale

World Vision
For Children. For Change. For Life.

Tired steak kebobs, make room on the barbecue for a new Syrian twist

Kebobs and Eggplant



This recipe serves four to six people. FROM FLAVOURS OF ALEPPO: CELEBRATING SYRIAN CUISINE

1. With a vegetable peeler, peel the eggplants lengthwise in strips, leaving strips of skin between each peeled strip. Then cut the eggplants into rounds 1 1/2 to 2 inches (4-5 cm) thick. Set aside.

2. In a bowl, mix the meat, dakka and salt. Preheat the barbecue. Oil the grill well with vegetable oil. Make little meatballs about the same size as the eggplant rounds.

3. Skewer the eggplant rounds and meatballs alternately onto the skewers, slightly flattening the meatballs between the eggplant slices as you do so. Grill for 8 to 10 minutes on each side, until the eggplant is ten-

Ingredients

- 12 long, narrow eggplants
- 1 1/2 lbs (750 g) ground lamb or lean ground beef
- 2 tsp (10 ml) ground dakka
- 2 tsp (10 ml) fine salt

Dakka

Dakka is a mix of spices. In Flavours of Aleppo, dakka boasts allspice (40 per cent), ground black pepper (30 per cent), crushed cinnamon (10 per cent), whole cloves (10 per cent), whole green cardamom (5 per cent) and ground nutmeg (5 per cent).

der. Serve hot with pita and bell peppers or hot peppers.

4. For a softer flavour, precook the eggplant and meatball skewers on the barbecue. Remove the eggplant rounds and meatballs from the skewers and arrange them on a buttered baking dish. Dot with butter. Add 1/2 cup (125 ml) of water. Cover and bake in the oven at 350 F (175 C) for 30 to 45 minutes. **RECIPES PRINTED WITH PERMISSION FROM FLAVOURS OF ALEPPO: CELEBRATING SYRIAN CUISINE BY DALAL KADÉ-BADRA AND ELIE BADRA (WHITE-CAP)**

Cookbook of the Week

A unique cuisine



In Flavours of Aleppo: Celebrating Syrian Cuisine, Dalal Kadé-Badra and Elie Badra explore the cuisine of the country's second largest city.

Turkey, Greece, Armenia and the rest of the Levant have influenced Aleppian cuisine so the book includes versions of many classic Levantine dishes such as kabob, kibbeh (bulgar, onion and ground meat) and mezzes.

Also among the recipes are nearly 100 meat and vegetarian main and side dishes, barbecue bites, desserts, sweets and even drinks. **METRO**

Tasty Falafels in a hurry

For this Quickly Made Falafels recipe, falafel mix — ground

chickpeas and spices — is sold, boxed, in most supermarkets.

Ingredients

Batter

- 1 cup (250 ml) falafel mix (purchased)
- 1 tsp (5 ml) baking powder
- 1 tsp (5 ml) ground cumin
- 1 tsp (5 ml) ground coriander
- 3/4 cup (175 ml) water
- 1 egg, beaten
- vegetable oil for frying

Sauce

- 1/2 cup (125 ml) tahini (sesame seed paste)
- 2 tbsp (30 ml) lemon juice
- 1/2 tsp (2 ml) fine salt
- 1 1/2 tbsp (22 ml) yogurt
- 1/2 to 3/4 cup (125 to 175 ml) water

1. Batter: In a large bowl, mix the falafel mix, baking powder, cumin and coriander with a fork. Add the water and egg. Mix well and let sit for 30 minutes. Heat 1 1/4 inches (3 cm) vegetable oil in a large pan. Form small patties with the help of a falafel press or by hand. Make a hole in the centre of each patty with your index finger.

2. Fry patties for 1 to 2 minutes on each side in the hot oil until they become crispy. Set aside.

3. Sauce: In a bowl, mix the tahini, lemon juice, salt and yogurt together, gradually adding the water to obtain the desired consistency. Set aside.

4. To serve, arrange the falafels on a platter with a bowl of diced tomatoes, a bowl of diced pickled turnips and a bowl of the tahini sauce.

5. To make sandwiches, crush two falafels in a small pita and fill to your liking with the accompaniments.



This recipe makes 12 - 15 patties. FROM FLAVOURS OF ALEPPO: CELEBRATING SYRIAN CUISINE

VOTED OTTAWA'S BEST FISH AND CHIPS

MONDAY - CLOSED
TUESDAY 11:00-9:00
WEDNESDAY 11:00-9:00
THURSDAY 11:00-9:00
FRIDAY 11:00-10:00
SATURDAY 11:00-10:00
SUNDAY 11:00-9:00

319 St Laurent Blvd (at Hemlock)
Take Out Hotline - 613-748-FISH (3474)

***Gluten Free Batter Available**

Pies-in-a-cup: Cute vegan decadence

Ingredients

- 1/4 cup coconut oil, melted
- 1 1/4 cup chocolate cookie crumbs
- 8 oz dark chocolate, chopped (or dark chocolate chips)
- 2 tsp vanilla
- 400 ml can coconut milk, full fat
- Berries for garnish

NICOLE
MACPHERSON
yumyumclub.ca

This no-bake recipe is so simple you will want to make it over and over again. And it's so decadent and delicious no one will believe it's vegan.

1. Stir melted coconut oil and chocolate cookie crumbs.
2. Press mixture into individ-

ual ramekins or small mason jars, to a one-inch thickness.

3. Place chopped chocolate in a medium heat-safe bowl. Add vanilla.

4. In a small saucepan, bring coconut milk to a boil. Pour over chopped chocolate and stir until smooth.

5. Pour chocolate mixture into the ramekins or mason

jars over top the chocolate cookie crust. Refrigerate until firm, approximately 2-3

hours.

6. Garnish with berries and

serve. YUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.



This recipe makes approximately 10 miniature pies, depending on jar/ramekin size. NICOLE MACPHERSON OF YUMMYMUMMYCLUB.CA

Keep your cool during menopause

Don't sweat it with your symptoms. Get relief with **Menopause from A.Vogel**

- Reduces the severity and duration of hot flashes and night sweats
- Made from fresh, organic sage plants
- Effective with only one pill per day

Designed by nature. Proven by science.

CLINICALLY PROVEN

Visit www.avogel.ca for advice, tips and support options.

A.Vogel
Pioneer in Natural Health - since 1923

Asian Food Made Easy

Come and join our cooking demonstrations. Learn Asian cuisine in a fun & easy way! Look for our July schedule on our in store community board, or go to www.TnTsupermarket.com

Limited seats available, so register today!

大統華 T&T

Ottawa Store Only

June	Fri	Sat	Sun	July	Mon	Tue	Wed	Thur
	28	29	30	1	2	3	4	

Closed on Canada Day July 1st, 2013

No.1 grade

White Peaches (Large) -USA

1.98 /lb 4.37kg

Fri.Sat.Sun

Ataulfo Mangos -Mexico

7.98 /box

Fri.Sat.Sun

Chicken Wings

2.28 /lb 5.03kg

Fri.Sat.Sun

Beef Short Ribs (AA Grade)

4.28 /lb 9.46kg

Fri.Sat.Sun

Live PEI Mussels

1.49 /lb 3.26kg

Fri.Sat.Sun

Fresh Wild Chum Salmon Fillets

5.99 /lb 13.21kg

Fri.Sat.Sun

Coconut /Red Glutinous Rice Bread

3.88 /2 Bags

Fri.Sat.Sun

Jumbo Har Gou + Shaomai 8pcs

3.98 /set

Fri.Sat.Sun

Tropicana Juice Selected 1.75L

3.29 /Ea

Sempio BBQ Sauce Selected 900g

4.99 /Ea

Bull Head BBQ Sauce Selected 600g-800g

6.99 /Ea

Cardinal Angus Beef/ 1/3 Pound Beef Burgers 1.02kg, 1.2kg

8.99 /Ea

Quantities and/or selection of items may be limited and may not be available in all stores. No rain checks or substitutions. Advertised prices and product selection may vary by store location. T&T Supermarket reserves the right to limit quantities. Descriptions take precedence over photos. Some illustrations in this advertisement do not necessarily represent items on sale, and are for design purposes only. We reserve the right to correct any unintentional errors that may occur in the copy or illustrations.

9am - 9pm (Sat - Thurs)
9am - 10pm (Friday)

Join us on Facebook (Search for T&T Supermarket)
Follow us on Twitter @TnTsupermarket

www.TnTsupermarket.com
224 Hunt Club Road, Ottawa, ON. K1V 1C1 613-731-8113



OTTAWA TOURISM

EVENTS, SHOWS, PLACES TO GO

OTTAWA FRINGE FESTIVAL

June 20 to 30

Uncensored, un-juried — this festival pushes stagecraft to the next level. All ticket revenue goes back to the artists. ottawafringe.com

TD OTTAWA JAZZ FESTIVAL

June 20 to July 1

The festival delivers world-class music from Canada and abroad. This year's performers include The Doobie Brothers, Willie Nelson, Macy Gray and the Wayne Shorter Quartet. ottawajazzfestival.com

CANADA DAY AT PARLIAMENT HILL

July 1

Celebrations begin at 9 a.m. with a carillon concert, featuring the Peace Tower bells, followed by the official flag-raising and changing of the guard ceremony. Noon-hour performers include Carly Rae Jepsen, Terri Clark and Metric. The day concludes with a fireworks show. ottawatourism.ca

RBC ROYAL BANK BLUESFEST

July 4 to 14

Bluesfest is one of Canada's largest and most diverse outdoor music festivals. This year's performers include B.B. King, Great Big Sea, the Dixie Chicks, The Tragically Hip and Björk. ottawabluesfest.ca

MUSIC AND BEYOND

July 4 to 15

This classical music and multi-disciplinary arts festival offers listeners everything from orchestras and choirs to bands, wind ensembles, instrumental and vocal recitals, as well as small ensembles. musicandbeyond.ca

H.O.P.E. VOLLEYBALL SUMMERFEST

July 13

This is the largest single-day, outdoor beach volleyball tournament in the world. SummerFest combines top athletic competition with rock 'n' roll entertainment. hopehelps.com

OTTAWA INTERNATIONAL CHAMBER MUSIC FESTIVAL

July 25 to August 8

More than 350 artists will perform at this year's Chamberfest — the largest event of its kind in the world. The schedule includes five gala concerts and other shows held across downtown Ottawa. chamberfest.com

FESTIVAL OF INDIA

August 9 to 11

Indian music and dance, face painting and henna, Indian cooking demonstrations, even cricket — this event has something for everyone in the family.



OTTAWA TOURISM

Festivities take place at Ottawa City Hall. festivalofindiaottawa.org

NATIONAL CAPITAL CRAFT BEER WEEK AND FESTIVAL

August 9 to 17

Celebrating craft brewing in the National Capital Region, this event concludes with a two-day, outdoor craft beer and artisanal culinary festival. national-capitalbeerweek.com

ARBORETUM ARTS FESTIVAL

August 16 to 17

The Arboretum Arts Festival celebrates the best in progressive art, music and food. This year's musical lineup includes

Owen Pallet, Jim Bryson, and Holy F**k. arboretumfestival.com

CAPITAL PRIDE FESTIVAL

August 16 to 25

A week of celebration for Ottawa's gay, lesbian, bisexual and transgendered communities. Parade and show take place August 25. capitalpride.ca

GATINEAU HOT AIR BALLOON FESTIVAL

August 30 to September 2

Gatineau's Hot Air Balloon Festival is the largest of its kind in Canada. Spectators not only watch the balloons in flight, they can ride in one, too. balloongatineau.com



SMIRNOFF

SPECIAL EDITION BOTTLE

SAME SMIRNOFF VODKA

HAPPY CANADA DAY!



PLEASE ENJOY RESPONSIBLY
© Diageo Canada Inc. 2013. All rights reserved. Tous droits réservés.

AVAILABLE FOR A LIMITED TIME ONLY, WHILE SUPPLIES LAST.

Urban gardening: balcony to table

Living. Annie Novak gives us the dirt on starting our edible garden

Your lack of closet space certainly hasn't stopped you from shopping.

So why let your lack of outdoor space stop you from enjoying sweet pleasures such as fixing dinner with sprigs of basil from your own window box?

Annie Novak, urban farmer extraordinaire — she's the co-founder and farmer of Eagle Street Rooftop Farm, a 6,000-square-foot organic vegetable farm in Greenpoint, New York City — shows us how to get started.

First you need: The three essentials

1. Sunny spot: "Regardless of your space, it's light that plants need to grow," says Novak. "That's how they make food."

2. Deep pot: "For balcony gardening, the first thing that people need to know is that



Even in a small space, make sure you have enough sun to make sure your plants grow. ISTOCK IMAGES

plants ideally live in about 18-inch-deep soil," says Novak. "So you don't want to grow stuff in a yogurt container. You want to get a proper pot. The shallower the vessel the more evaporation and moisture loss in the soil, and the more stressed out the plants' roots will be."

3. Good dirt: "Buy a pot-

ting soil that has a compost blend in it," says Novak. "I do not recommend chemical fertilizers in your potting soil for the very simple reason that it's like having a cup of coffee — it gives you an energy boost for a minute and then after that you crash." Novak says key words to look for when buying your soil are: "compost, humus and

any product that comes from the ocean." She says, "A lot of bags will say, 'has seaweed in it' or 'enriched with lobster meal.' Almost any of those are going to be really good fertilizers that are added naturally to your soil."

Pick your crop

Once we have our sunny spot,

good soil and a deep pot, what are some easy vegetables to start off with?

"Tomatoes are not! I find it fascinating that people always plant tomatoes because tomatoes are actually more prone to bad care," Novak says.

"If you're a first-time gardener, it's not an easy crop to take care of. I hear so many

New to gardening?

Novak recommends growing:

Kale
Mint
Basil
Lettuce
Chives

complaints from people who are like, 'My tomatoes never make tomatoes!' And I say, 'Yeah, well, there are nine things going against you.' This is the logical way to think about it: The first thing all plants do is grow a root, and then they grow two leaves, and then after that they start growing more leaves. And once they have enough leaves and sunshine, then they're like, 'OK, we're set with our sugar, let's make flowers, fruits and seeds.' So if you're an apartment gardener and you're growing in a stressed environment, you want to grow plants where you eat the leaves, because plants are going to foliate no matter what you throw at them."

METRO

Canlok

Stone Inc.

Your Natural Stone Headquarters

CALL NOW FOR AN ESTIMATE ON YOUR DREAM PROJECT!

613-828-7686

- UNILOCK® PAVERS
- NATURAL STONE PRODUCTS
- BOULDERS, DECORATIVE STONE
- PISA RETAINING WALL SYSTEMS
- POLYMERIC SAND
- GRANULAR A, TOPSOIL
- PINE MULCH
- STONE DUST, SAND
- STONE CUTTING

Find us on facebook

Unilock Authorized Dealer

VISIT OUR INDOOR SHOWROOM AND OUTDOOR DISPLAY AT

950 MOODIE DRIVE

2 KMS SOUTH OF HUNT CLUB ROAD • canlok.com

Tips

- **Start with seeds.** "One of the best reasons to grow your own food is so you can grow a purple carrot instead of an orange carrot," says Novak. "I like to grow things from seeds because when you buy the seed package you're choosing from a much larger range of varieties, like 13 kinds of mint, which is exciting. In the food we eat we're losing so much diversity, and it sounds cheesy, but the privilege and power of growing your own food is you get to be the person who keeps these amazing heirloom seeds out in the world."
- **Be responsible.** "If you have a terrace or a balcony, make sure that anything you put out there is heavy enough so that it will never fall off," says Novak. "With a rooftop, it's the same thing; you need to have safe access, a parapet that's the right height and then containers that are big enough that they won't blow off the roof."
- **Tomato fever.** "If you are fixated on tomatoes, start with cherry tomatoes," she says. "There's one variety called sun gold. It's a beautiful tomato, it's one of my favourites for gardening with kids."



Doing some urban gardening on your balcony? Make sure it doesn't fall off! ISTOCK IMAGES

Late '70s punk style hits home

Never had the courage to be a punk-rocker in high school? Well here's your change to add a bit of alternative attitude to your life; this time it's not in the form of your clothing, but your home. Think British flags, acid wash, skulls, neon, black and white. Punk decor is one of the most glamorous decorating trends happening today, so get with the trend this time around!



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

A mix-matched flag motif adds a bit of British punk to your floors. Hey Jack carpet tiles. \$18 each. FLOR.COM



Black, white and grunge all over; just add neon coloured sheets for a punk vibe. Graffiti 5-Piece Comforter Set, \$70. HOMESENSE



Mid-century modern gets the rocker denim treatment. Chichester Accent Chair, \$1,600. DECORIUM.COM

Pretty in pink — punk style. Large Insightful Skull Candle, \$48. URBAN-OUTFITTERS.COM



Pricey but very designer-punk-chic! Porter Teleo's hand-painted Floral Graffiti Wallpaper, \$52 per square foot. PRIMAVERA.COM



Shed some light punk-rock style, and paint the room all black while you're at it. Modern Switch's Skull Decor Light Switch Cover, \$11. ETSY.COM



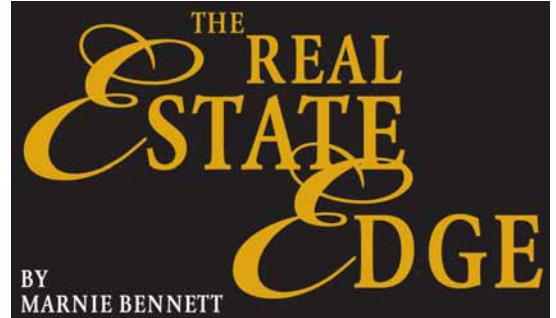
A rebellious art school dropout now making it big, Suzanne MacRury's Black & Red Slash 36x60 mixed media painting, \$3,200. AGO.NET



Be the hippest (and driest) rebel around, Pasotti Skull and Crossbone Umbrella, \$195. RAINDROPS.TO.COM



METRO CUSTOM PUBLISHING



BREAKING NEWS ATTENTION HOME SELLERS — How to get your home SOLD FAST and for TOP DOLLAR

1. **Don't reveal your reasons for selling.** Your motivations for selling can be used against you during negotiations. When asked, simply say that your housing needs have changed.
2. **Do your homework.** A good agent will research what homes in your neighbourhood have sold for in the past six to 12 months, and what current homes are listed for.
3. **Set a reasonable price.** The average buyer is looking at 15 to 20 homes; if your home doesn't compare favourably with others in its price range, you won't be taken seriously.
4. **Find the right real estate agent.** Nearly three-quarters of homeowners wouldn't use the same realtor who sold their last home. Get our free report, "10 Questions to Ask Before You Hire an Agent" at bennettpros.com
5. **Maximize your home's sales potential.** The look of your home generates a greater emotional response than any other factor. Clean like crazy. Fix everything. Buyers want to imagine themselves living happily in your home.
6. **Make information accessible.** When ads placed by an agent are linked to a pre-recorded hotline, giving buyers access to detailed information about your property, three times as many buyers will call for information.
7. **Know your buyer.** What is your buyer's motivation? Does he need to move quickly? Does he have enough money to pay your asking price? Discovering this information gives you the upper hand when negotiating.
8. **Ensure the contract is complete.** Smart sellers go above and beyond the laws to disclose all known defects to their buyers in writing. This rules out lawsuits later on.
9. **Don't move out before you sell, unless you want to stage the property.** Vacant homes look forlorn. They also tell buyers that you're highly motivated to sell, giving them the advantage at the negotiating table.

Need to sell your home? Get your home sold in 29 days or we'll buy it and pay you \$1,000 CASH. Visit www.ottawarealestateedge.com or more information.



Marnie Bennett, broker, marketing director for Bennett Property Shop Realty, a full premium service real estate brokerage specializing in marketing and selling new and resale homes, condominiums and investment real estate. OTTAWAREALESTATEEDGE.COM



YURI ARCURS/VEER

WHERE THE LIVING IS EASY

**See our
Furnished
Model Suite**

**St. Laurent
on the Parc**

Located on 5 acres of beautiful grounds,
comfortable suites featuring a host of amenities
and free on-site programs.

Spacious 2 bedrooms
from **\$1075/month**

Spacious 3 bedrooms
from **\$1195/month**

Heat, hydro & water included.

RATES SUBJECT TO CHANGE WITHOUT NOTICE

Call 613-744-0283
Monday to Friday 9 am - 7 pm
Saturday 10 am - 4 pm
Sunday by appointment

**TWO MONTHS
FREE RENT**
on select suites.
Some conditions apply.


GREENWIN

Visit our rental office today at 1240 Donald St.
StLaurentOnTheParc.com

If you are one of the millions of Canadians who have chosen to rent rather than own, you know that renting can be free – of worry, free of headaches and free of hassles.

Although renters face the responsibility of a monthly cheque, they take comfort in knowing that they will not face delayed closing dates, hidden costs or unexpected bills that affect their friends and family who have decided to buy.

In many ways, those who have decided to purchase a new home soon come to learn that they haven't just bought a house, but have bought themselves a life-time of bills and many sleepless nights. From property tax increases and rising utility costs to home repairs and costly renovations, many homeowners feel like they spend more time paying for their home than living in it.

The surprise expenses faced by homeowners are not an issue in the world of the renter. Renters are secure in the knowledge that they will not be called upon to fix a leaky roof, replace the furnace, buy new appliances or resurface the driveway. These certainties let them better plan their financial futures and gives them more disposable income, which can be invested in other areas.

As an example, many residents use the money they save by renting for travel, vacation homes or hobbies.

Besides the financial savings, renting has other advantages over owning.

The maxim in real estate has always been location, location, location. Renting makes getting a great location even easier.

Many renters are able to live in areas that would otherwise be too expensive. Affordable rental units in great locations also often provide better access to public transportation, established schools and an easier commute to work.

While there are financial savings as a renter, there are also time-savings to be enjoyed.

Homeowners know that weekends and free-time can be swallowed by home-related projects, all year long.

In the summer, the lawn needs to be mowed and in the winter the driveway must be shoveled, in the spring the front porch gets painted and in the fall the backyard has to be raked.

While homeowners work hard just maintaining their places, renters are out enjoying their free time, knowing that professional property managers are taking care of the landscaping and repairs at their homes.

For these few reasons and for hundreds of others, more people choose to make their homes a haven, not a hardship.

Article courtesy Sheryl Erenberg. Erenberg is president of Sheryl Erenberg and Associates. Visit sherylerenberg.com

NHL

'Warrior' Bergeron in hospital with punctured lung

Patrice Bergeron has a punctured lung and is at a Boston-area hospital for observation.

The Bruins forward was admitted Monday night, after Boston lost to Chicago, 3-2, in Game 6 of the Stanley Cup final.

Bruins general manager Peter Chiarelli and coach Claude Julien addressed Bergeron's status Wednesday.

"He played through all of this, and he was a warrior," Chiarelli said. "I can't say enough about his performance and what he did while being injured."

THE ASSOCIATED PRESS

World junior hockey

Sutter returning to Canadian bench

Brent Sutter is back as coach of Canada's national junior hockey team.

The Red Deer Rebels coach, general manager and owner will be joined by assistant coaches Benoit Groulx and Ryan McGill at the 2014 IIHF world junior championship in Malmo, Sweden, Hockey Canada announced Wednesday.

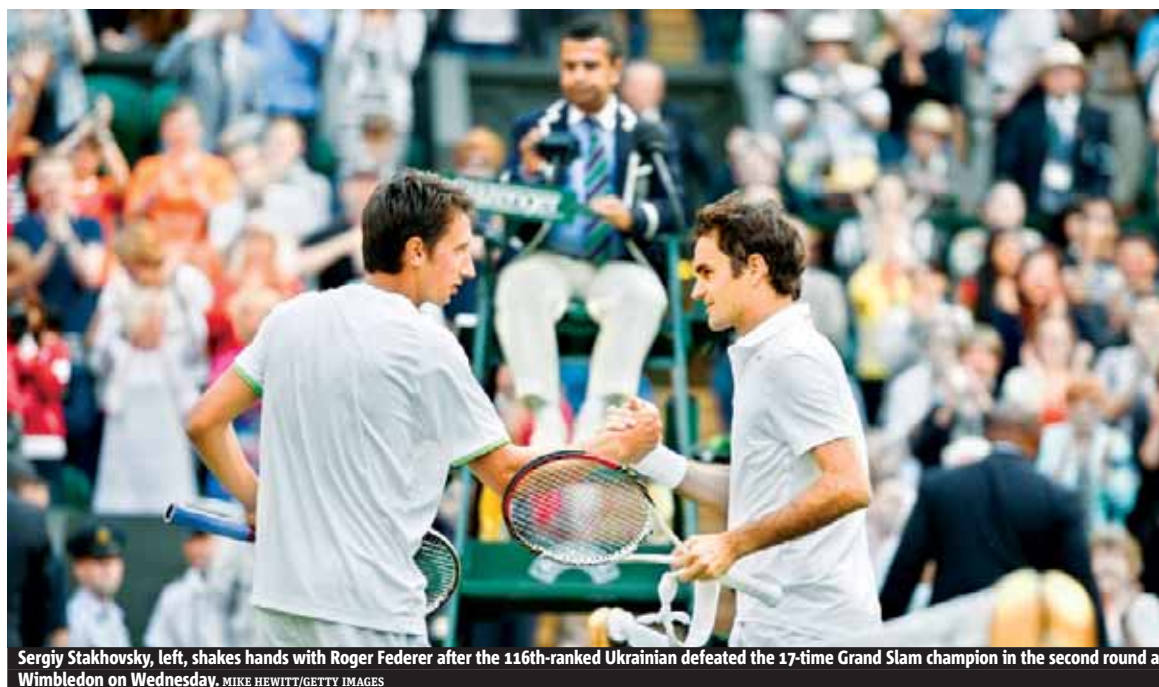
THE CANADIAN PRESS

CFL opener



"My whole goal is to go out there and lead my team to another championship."

Three-time Grey Cup winner Anthony Calvillo, whose Montreal Alouettes kick off the CFL season Thursday night at Investors Group Field in Winnipeg against the Blue Bombers.



Sergiy Stakhovsky, left, shakes hands with Roger Federer after the 116th-ranked Ukrainian defeated the 17-time Grand Slam champion in the second round at Wimbledon on Wednesday. MIKE HEWITT/GETTY IMAGES

Stars continue to fall at Wimbledon

Wild Wednesday.

Federer biggest of top-ranked players to fall on Day 3 at All England Club

As tumultuous a day as professional tennis has produced in its nearly half-century history ended in the most unforeseeable, unexplainable way of all: A second-round loss by Roger Federer.

The seven-time Wimbledon champion and 17-time Grand Slam champ shuffled off Centre Court, his streak of reaching at least the quarter-finals at a record 36 consecutive major tournaments snapped by a man

ranked 116th.

His remarkable 6-7 (5), 7-6 (5), 7-5, 7-6 (5) loss to Sergiy Stakhovsky marked Federer's earliest Grand Slam exit in a decade.

"This is a setback, a disappointment, whatever you want to call it," said Federer, the defending champion. "Got to get over this one. Some haven't hurt this much, that's for sure."

He had plenty of company on a wild, wild Wednesday brimming with surprising results, a slew of injuries — and all manner of sliding and tumbling on the grass courts, prompting questions about whether something made them more slippery.

Seven players left because

of withdrawals or mid-match retirements, believed to be the most in a single day at a Grand Slam in the 45-year Open era. Among that group: Second-seeded Victoria Azarenka; sixth-seeded Jo-Wilfried Tsonga; 18th-seeded John Isner; and Steve Darcis, the man who stunned Rafael Nadal on Monday.

The third-seeded Federer simply was unable to derail Stakhovsky's serve-and-volley style, breaking the 27-year-old Ukrainian only once.

"I had my opportunities, had the foot in the door. When I had the chance, I couldn't do it," said Federer, who is 122-18 on grass over his career. "It's very frustrating, very disappointing. I'm going to accept

Loneliest number

Federer was one of seven players who have been ranked No. 1 to depart the tournament in a span of about 8 1/2 hours.

- The others: Maria Sharapova, who lost 6-3, 6-4 to 131st-ranked Michelle Larcher de Brito; Caroline Wozniacki; Ana Ivanovic; Jelena Jankovic; Victoria Azarenka; and Lleyton Hewitt.

it and move forward from here. I have no choice."

THE ASSOCIATED PRESS

'Tremendous' return to Tropicana Field



R.A. Dickey, left, and Jose Reyes celebrate the Jays' win on Wednesday in St. Petersburg, Fla. CHRIS O'MEARA/THE ASSOCIATED PRESS

R.A. Dickey baffled the Tampa Bay Rays again.

Dickey pitched a two-hitter for his first complete game of the year, Jose Reyes went 0-for-4 in his return from a two-month layoff and the Toronto Blue Jays beat the Rays 3-0 Wednesday for their 12th win in 14 games.

"I just concentrate on trying to produce a good knuckleball down in the strike zone for a strike, and today I was able to do that," Dickey said. "Mechan-

ically, I was very repeatable, and you saw the results. They were hitting a lot of ground balls, I had a high strike percentage, so that's what I'm looking for."

Dickey (7-8) retired his first 13 batters before James Loney grounded a single with one out in the fifth. Yunel Escobar had a one-out single in the sixth, then was erased when Matt Joyce hit a double-play grounder.

"Tremendous," Jays manager John Gibbons said. "You

could tell early on he had it going. That ball was dancing. Big break. We played a nice ball game and as good a game as you can pitch, I guess, unless it's perfect."

Dickey struck out six and walked one. The knuckleballer pitched a one-hitter for the New York Mets against the Rays on June 13 last year, allowing B.J. Upton's first-inning infield single.

THE ASSOCIATED PRESS

4 SPORTS

Canadian Bennett likely to hit lottery despite injuries

NBA. Hobbled since end of NCAA season, swingman should still go early in Thursday's draft

While most of his NBA draft-mates were auditioning on courts around the league, Anthony Bennett was making the rounds of NBA offices.

The Brampton, Ont., native is touted as a potential top-five pick in Thursday's night's NBA draft, but the UNLV swingman has been sidelined since having rotator cuff surgery in May.

Bennett has to hope he impressed in his interviews, and his play in college this past season, but he said he's confident his injury won't dictate what jersey he'll be wearing this fall.

"There were a lot of ques-

tions about the surgery of course (in interviews)," Bennett said in a phone interview from New York. "But I feel like the surgery is not really a big issue, just because David Altchek (the New York Mets' doctor and a medical consultant for the NBA) did it. He's one of the top guys. So I feel like it's going to be cool."

Bennett's rehab will keep him out of action until training camp. The six-foot-seven, 240-pounder had surgery a few weeks after the Runnin' Rebels were upset in the second round of March Madness in a 64-61 loss to California.

"At the end of my season, I felt like it was the best choice, best decision for me to go ahead and get surgery for my shoulder, instead of doing it after summer league," Bennett said. "I felt like it was the right

Bright northern lights

3

Anthony Bennett is one of three Canadians who should be selected in Thursday's NBA draft. Gonzaga forward Kelly Olynyk is a projected lottery pick while University of Texas guard Myck Kabongo is expected to go late in the second round.

decision because I'm going to be back before training camp, even though I'm going to miss out on summer league. But training camp, I feel like that's one I really can't miss."

Bennett earned Mountain West freshman of the year honours last season at UNLV. He led the team in scoring with 16.1 points a game. He also led the team, and was fifth in the conference, in rebounds averaging 8.1. **THE CANADIAN PRESS**



Canada's Anthony Bennett dunks against the New Mexico Lobos during the Mountain West championship on March 16 in Las Vegas. JEFF BOTTARI/GETTY IMAGES

NBA

Colangelo makes abrupt exit as Raptors president

Bryan Colangelo is stepping down as president of the Toronto Raptors.

The Raptors announced Colangelo will remain as a consultant on Wednesday with the team and with Maple Leaf Sports & Entertainment.

Colangelo joined the Raptors in February 2006 as president and general manager.

He was not extended as GM after Toronto ended its 2012-13 season with a 34-48 record.

The Raptors had reached an agreement to keep Colangelo on as president, but the 48-year-old said on further reflection stepping down was the best course of action.

THE CANADIAN PRESS



Bryan Colangelo
TORSTAR NEWS
SERVICE FILE

SUNDAY, JUNE 30 • 9AM-7PM

Customer Appreciation Day

10% OFF
all in-store items
(excluding Dairy, Appliances, Eggs, Bakery & Sale Items)

Join us as we celebrate Customer Appreciation Day. The first 100 customers will receive a complimentary goodie bag. Enter to win one of four gift baskets. Enjoy free samples, fresh popcorn, lemonade and product demos.

The Healthy Choice. For You. For Life.

1487 Richmond Road • Ottawa • 613-726-9200 • Mon to Fri: 8am to 8pm | Sat & Sun: 9am to 7pm
rainbowfoods.ca

FRENCH, ENGLISH as a SECOND LANGUAGE



PART TIME

12 weeks (36 hours in class and 36 hours online)

FRENCH AS A SECOND LANGUAGE (8 LEVELS)

Week of July 2 to September 21, 2013

Evenings: 6 pm to 9 pm (8 Levels)

Saturdays: 9am to noon (7 Levels)

ENGLISH AS A SECOND LANGUAGE (6 LEVELS)

Week of July 2 to September 21, 2013

Evenings: 6 pm to 9 pm (6 Levels)

FULL TIME

4 weeks (60 hours in class and 60 hours online)

FRENCH AS A SECOND LANGUAGE (6 LEVELS)

July 2 to July 26, 2013

August 6 to August 30, 2013

Please check our website for times

ENGLISH AS A SECOND LANGUAGE (2 LEVELS)

July 2 to July 26, 2013

Level 2 and/or Level 3. Please check our website for times

FEES: \$35.00

(Immigrants, new Canadians, Refugees whose language is neither English nor French)

Éducation Permanente
181 Donald St., Ottawa
Tel. 613-741-2304 ext. 3
Fax 613-741-2191

CONSEIL DES ÉCOLES CATHOLIQUES DU CENTRE-EST
Le meilleur conseil qu'on puisse vous donner
www.educationpermanente.ca



Horoscopes

Aries

March 21 - April 20

You may not be able to explain why something feels right but you know better than to ignore your instincts. Creatively and romantically, you are entering a positive phase. Own it.

Taurus

April 21 - May 21

Don't worry too much about pleasing everyone today because chances are you won't succeed. Instead, decide what it is that needs to be done and just get on with it.

Gemini

May 22 - June 21

You would not be human if what you hear today does not bruise your ego, but you don't have to make a big deal of it. A week from now, it will have no meaning at all.

Cancer

June 22 - July 23

Someone you do business with will offer you some sort of deal, one that could make you a lot of money. That's great but keep your wits about you because it may not be as wonderful as they would like you to believe.

Leo

July 24 - Aug. 23

Venus, planet of emotional and material values, moves into your birth sign today and almost immediately your mood will improve. It will improve even more if you share your love of life with other people.

Virgo

Aug. 24 - Sept. 23

Unexpected events could disrupt your plans over the next 24 hours but it's nothing to worry about. While Mercury, your ruler, is moving retrograde you would be wise to take nothing at face value.

Libra

Sept. 24 - Oct. 23

Venus, your ruler, moves into the friendship area of your chart today, encouraging you to be even more outgoing. A social event could lead to new experiences and maybe even a new relationship.

Scorpio

Oct. 24 - Nov. 22

Cosmic activity in one the best areas of your chart helps you believe all things are possible. People may say you are being overly optimistic but that's not how you see it — and how you see it creates your reality.

Sagittarius

Nov. 23 - Dec. 21

There are many good things going on in your world, many opportunities waiting to be exploited. So why are you hesitating? There will never be the perfect time to take action, there will only ever be now.

Capricorn

Dec. 22 - Jan. 20

Someone will make you a tempting offer and although you may want to take it, you can't help thinking there is a catch. Don't worry — there isn't.

Aquarius

Jan. 21 - Feb. 19

Partnerships of all kinds are under good stars today, so if there is someone you want to get close to, one-to-one, now is the time to make your move. You're not as dispassionate as some people say. Prove it.

Pisces

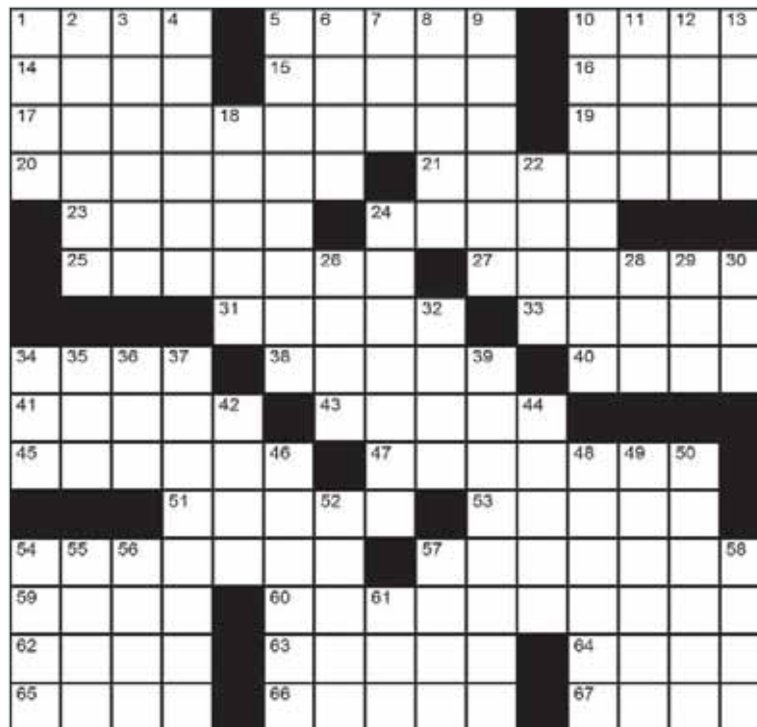
Feb. 20 - March 20

No matter how much of an expert you are, there will always be someone who knows more than you. The planets suggest you will meet such a person today. Learn something new. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Theo __, "Canadian Idol" Season 6 winner
- "You can __ horse to water..."
- Jiffs
- Norwegian king, variantly
- Go on __ (Try Jenny Craig, say)
- Birthstone
- Saskatchewan's CFL team's website, __.com
- Greek salad cheese
- Tidy up again
- Kick up a fuss
- Birth-related
- Singer, Billy Ray __
- Bee participant
- Resounded
- Boundary lines
- "__ Tonk Women" by The Rolling Stones
- Stoker of scary stylus
- Son of The Munsters
- Summers: French
- Type of headache
- MP from Newfoundland, Scott __
- Plum __, Manitoba
- One holding the retractable measuring device, say
- Houston's home
- People: German
- Filing __
- 1967 Sam & Dave hit: 2 wds.
- CEO's "Quick!"



- Michael J. Fox's "Back to the Future" (1985) role: 2 wds.
- "__, Interrupted" (1999)
- Carpentry tool
- Caddie's pieces
- Not difficult
- Uptight
- "Scor" add-on

(Director Martin)

Down

- Unit of pressure
- Martians
- Like a Marx Brothers comedy
- Slender
- "O Canada" music composer, Calixa __

(b.1842 - d.1891)

- Chief (News-paper job)
- Gartic: French
- Actress, Julie __
- Pied- __ (Temporary housing)
- Type of tap dancing
- Bit of the French

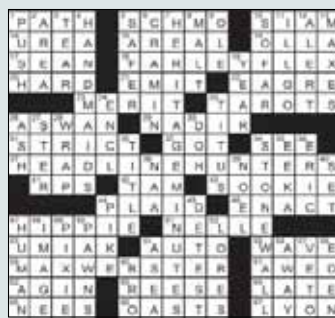
part of "O Canada":
"Car ton bras sait porter l' __ / Il sait porter la croix!"
12. Some pets
13. Blinds strip
18. Domain
22. "Band-Aid ..quick!"
24. Lists at the end of movies

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- Approx. take-offs
- Ottawa's prov.
- Make money = __ out a living
- Prefix to 'functional'
- Earth's crust layer
- Particular letters for a grad
- Summer Olympics site in 2016
- Babylonian sky god
- In math, do this: x
- Company's worker
- Visible
- No- __ - __ (Biting midge)
- Excused from
- Fines
- Money-from-the-wall charge: acronym + wd.
- Tennis great Mr. Fraser's
- Charles Dickens novel, __ of Two Cities: 2 wds.
- Coop
- __ Minor
- Pubs
- Catch trains at them, for short
- NASDAQ rival
- Sprinted

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



27°/17°
Partly cloudy

Friday



21°/17°
Rain
90%

Know what the weather
will be 14 days from now.
Check the 14 day trend.

TWN incorporates MSC data

visit metronews.ca

metro

QuestChat FREE TRIAL
NORTH AMERICA'S BESTEST CHAT LINE
613.232.4444
Other Cities 1.888.482.8282
Dial #CHAT(2428) 79/min*
Text "QUEST" to 96669 \$5/10min
Free trial not applicable on #CHAT
questchat.com 855.954.4444
*18+ RESTRICTIONS APPLY

FOUNDRY^{TM/MC}

GOLDEN CIDER

**THE CIDER OF SUMMER
AND EVERY OTHER SEASON**

YOU CAN PICK IT UP TODAY AT YOUR LOCAL LIQUOR STORE

